

# Lactation Services

## Women & Children's Center

### Lactation Support Line

205-939-7538

Leave a message anytime, and an International Board-Certified Lactation Consultant (IBCLC) will return your call.

### Baby Café (4th floor)

This is a FREE resource for pregnant or breastfeeding mothers that offers many benefits:

- Support from experienced IBCLCs
- Weighted feeds – how much is my baby getting?
- Share experiences and make friends.
- No signup is required – just show up with a hungry baby!
- Held on Tuesdays and Wednesdays from 1 p.m. to 3 p.m.

### Maternity Boutique

205-212-6667

Located within the Maternity Support Center on the 4th floor

- Lactation support items, baby and mom apparel, gifts
- Visit or call for lactation room availability and consult scheduling questions.
- Open Monday-Friday from 8:30 a.m. to 4 p.m.

### Lactation consultation

One-on-one breastfeeding consultations (in-person or online)

- Breastfeeding challenges and latching concerns
- Triple feeding, or supplementing with formula or breast milk
- Slow to gain weight or jaundice
- Milk supply/transfer concerns



To schedule an appointment, please scan the QR code. The cost is \$60 for the initial visit and \$40 for each follow-up appointment.

### Lactation rooms

Free private rooms are available for weighted feedings, breastfeeding, and pumping.