# **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

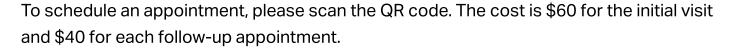
Located within the Maternity Support Center on the 4th floor

- 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



#### **Lactation rooms**

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



