



THE BIRTH & FAMILY CENTER AT GRAND VIEW HEALTH Lactation Consultants

Give Your Baby the Best Start

The joyful closeness and bonding with your baby is just one of the many benefits of breastfeeding. Breast milk not only provides all the nutrients your baby needs for healthy growth and development, but it also contains antibodies, cells and hormones that protect babies from illnesses and chronic conditions. While breastfeeding is natural, it's not always easy. Our lactation specialists provide you with the support you need to successfully feed your baby as you establish a nursing routine.

About Our Lactation Consultants

At The Birth & Family Center at Grand View Health, our International Board Certified Lactation Consultants (IBCLC) provide high quality lactation care and services to mothers and infants. IBCLCs are highly trained professionals who help moms establish and sustain breastfeeding, even complex or high-risk situations.

Breastfeeding Support Following Delivery

After your baby's delivery, one of our lactation consultants will visit and observe you and your baby during your hospital stay. The goal of both our breastfeeding trained nurses and lactation consultants is to understand your personal breastfeeding needs and address any questions or concerns you have to help ensure breastfeeding success. They will show you various positions for optimal latching, feeding and burping, and teach you how to recognize your baby's hunger cues and feeding habits. Our IBCLCs are staffed seven days a week. In addition to the lactation consultants, our nurses are trained in breastfeeding and are able to address any questions or concerns related to breastfeeding.

Classes and Support Groups

Grand View Health offers additional ways to help you learn about breastfeeding before and after the birth of your baby through a breastfeeding class and parenting support group. Led by Board Certified Lactation Consultants, each offers the opportunity for education beforehand and assistance after delivery. Learn more or register at gvh.org/classes-events.

CONTACT INFORMATION

Grand View Health Lactation Line
215-453-4594

Grand View Parenting Support Network
215-453-4300
gvh.org/support-groups



Keystone 10 Initiative Participant
Grand View Health is a proud participant of the Pennsylvania Department of Health Keystone 10 Initiative: protecting, promoting and supporting breastfeeding in Pennsylvania.

GVH
**GRAND VIEW
HEALTH**

gvh.org

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Lactation Consultants

Our Lactation Consultants



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Additional Resources and Helpful Websites

Find a Lactation Consultant in Your Area

**International Board of Lactation
Consultant Examiners**
ilca.org

**Pennsylvania Resource Organization
for Lactation Consultants**
pro-lc.org

The Breastfeeding Resource Center
breastfeedingresourcecenter.org
215-886-2433

Breastfeeding Classes

Breastfeeding ABC's
gvh.org/classes

Breastfeeding Support Groups

Grand View Parenting Support Network
gvh.org/support-groups
215-453-4300

North Penn Nursing Mothers
northpennnursingmothers.org
610-584-4013

Breast Pump Purchase or Rentals

Grand View Medical Company
Purchase consumer-grade breast pumps*
Rent hospital-grade breast pumps
215-249-4600

**Consumer-grade breast pumps are provided to maternity patients during their hospital stay and are typically covered by insurance.*

Breastfeeding Websites

KellyMom
kellymom.com

La Leche League of Pennsylvania
llli.org

Women, Infants and Children (WIC)
pawic.com
800-WIC-WINS