

Postnatal Support – Updated 3/24/21



The safety of our patients and staff is our primary concern.

While the Newborn Connections Outpatient Center is temporarily closed for walk-in appointments, WE CONTINUE TO PROVIDE A VARIETY OF OPTIONS FOR BAY AREA FAMILIES:

Lactation Warm Line

You are home from the hospital and realizing that you have questions! Maybe you're not feeling as confident about breastfeeding as you would like. It's normal to have additional questions or to need reassurance during the early weeks and even beyond. We're here to help!

Call the Warm Line at 415-600-6243

Lactation Support Staff return calls Monday to Friday, 10am - 4pm. We monitor our phones on the weekends and return calls as needed between the hours of 10am – 2pm

In-Person and Virtual Consultations

A consult may be warranted if you have more detailed questions, concerns about your milk supply, continued pain during feeds, possible breast infection, are using a nipple shield, have a premature baby, baby is not latching or you have weight concerns for baby.

Call to schedule at 415-600-2229

In-Person consultations available with added COVID-19 protocols

Follow-up virtual consultations also available.

Breastfeeding Group – Virtually!

Ask your breastfeeding questions with a live member of our Lactation Support team! Exchange information and ideas with other new moms/families. At this time this group conducted virtually on the ZOOM platform.

Tuesdays, 10 - 11:30am
Fridays, 10 - 11:30 am

Please use the following link to join the group, no appointment necessary:

ZOOM Meeting ID: 102-118-391

Pump Rentals / Supplies, Curbside Pick-Up

Our knowledgeable staff can assist with pump rentals and pumping and feeding supply purchases.

To order call 415-600-2229

Pump rentals and purchases processed via phone and delivered curbside for pick-up at our Cedar Street entrance.

HELPFUL LINKS

Breastfeeding Center www.ibconline.ca 	Find an IBCLC www.uslca.org 	Breastfeeding Parenting www.kellymom.com 	Hand Expression Pumping www.firstdroplets.com 
Breastfeeding Positions www.globalhealthmedia.org 	Is Baby Getting Enough? www.globalhealthmedia.org 	Healing Nipples www.kellymom.com 	Breast Massage www.breasthealthproject.com/breast-health-101 
Breastmilk Storage www.cdc.gov 	Cup/Spoon Feeding https://youtu.be/KJmPDn3EA24 		

BREAST AND NIPPLE CARE

General Information:	Sore Nipples
<ul style="list-style-type: none"> Wash hands prior to breastfeeding Wear a well-fitting bra for comfort – underwires should be avoided If massaging breasts, use gentle pressure with length of fingers or heel of palm, avoid pulling skin 	<ul style="list-style-type: none"> Assure proper latch, alternate positions Break suction gently between the gums before removing baby from the breast Apply colostrum to nipples after feeding Call Newborn Connections if soreness persists
Breast Engorgement:	
<ul style="list-style-type: none"> Breastfeed frequently, finish first breast first Brief warmth prior to feeding can help with milk ejection – warm compress or warm shower Expressing a small amount of breastmilk prior to feed may help baby latch Can use a cold compress on the breasts after the feed to help with engorgement <p>May take a mild pain reliever for discomfort.</p>	