

The New Life
Center supports
your decision
to *exclusively*
breastfeed
your baby



- **We will make sure your baby stays with you as much as possible.**
- **We are available to provide lactation support to you 24 hours a day.** All nurses are trained to assist with breastfeeding. A board certified lactation consultant is available daily for consultation.
- **We want you to know that you have all that your baby needs.** Colostrum is available on your baby's birthday. Colostrum is like liquid gold, full of nutrients and immunities that your baby needs. In the beginning, you will only produce a small amount of it because that is all your baby needs, but as your baby needs more—your body will make more. Your milk will come in fully within a few days.

Please ask your nurse to assist you whenever you need help.

Avista Adventist Hospital



Milk @ MOM'S Breastfeeding Class



Please join us at the MILK @ MOM'S breastfeeding class—offered every afternoon from 3–4 p.m. Ask your nurse the location of the class when you sign up to attend. We recommend you attend this optional class prior to your discharge day.

During the class, the lactation consultant will review the most common concerns you may experience during the first two weeks. We want you to have the tools and confidence to be successful breastfeeding your baby.

We encourage you to put on your slippers, roll your baby in the bassinet, bring the teaching book you've been given, and enjoy an afternoon snack with other new mothers during this one hour class.

Avista Adventist Hospital



We are part of Centura Health, the region's leading health care network.

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