



# BREASTFEEDING BASICS

## ADDITIONAL CLASSES

**Finding Balance: Breastfeeding and Work:** Offered once per month, this class focuses on providing women the information they need to maintain breastfeeding and pumping according to their desired goals when returning to work.

**Cost: \$40**

**Introducing Solids:** Based on the AAP recommendations for exclusive breastfeeding and complementary foods, this course provides an overview of baby's readiness for solids, nutritional needs, and how to introduce solid foods.

**Cost: \$40**

## WHAT IS A CLC AND AN IBCLC?

**CLC:** A Certified Lactation Counselor® (CLC) has received training and competency verification in breastfeeding and human lactation support. This includes assessing the latching and feeding process, providing corrective interventions, counseling mothers, understanding and applying knowledge of milk production including in special circumstances and other commonly encountered situations (90 percent of our nurses are CLCs).

**IBCLC:** An International Board Certified Lactation Consultant® (IBCLC) is a healthcare professional who specializes in the clinical management of breastfeeding.

**NOTE:** Pre- and postnatal breastfeeding classes are at no cost to NYU Langone Health employees; all breastfeeding courses are taught by an International Board Certified Lactation Consultant (IBCLC).



### For more information


Class Sign-up/Questions

212-263-7201

Center for Perinatal and  
Lactation Services Education

212-263-7201

[nyursb@nyumc.org](mailto:nyursb@nyumc.org)

 Follow us at [@nyubaby](https://www.facebook.com/nyubaby)



Congratulations on your soon-to-be new arrival! Enclosed are some helpful breastfeeding resources available to you and your family members before and after your baby's arrival.

**Prenatal Breastfeeding Basics:** This three-hour class for expectant mothers and partners will teach practical information such as proper latches, correct positions for baby and mom, understanding if baby is getting enough milk, and tips to avoid common problems.

**Cost:** \$40 if taking NYU Langone Childbirth class; \$80 if NOT taking NYU Langone Childbirth class.



## BREASTFEEDING SUPPORT DURING YOUR HOSPITAL STAY

During your stay, you will have a number of available resources to assist with your breastfeeding.

**Tip:** Make sure to read your *Congratulations* book during your hospital stay!

**RN Staff Support:** The nurses are your primary point of contact during your hospital stay, and are qualified to provide general breastfeeding assessment and guidance to support early breastfeeding.

**International Board Certified Lactation Consultants (IBCLCs):** Lactation Consultants are available to consult patients daily. They offer extra support for high risk breastfeeding issues and assist with developing a plan after discharge.

**Baby Moon:** During this important time after birth until the first latch, we encourage skin-to-skin contact for you and your baby.

**Latch Class:** This daily session, led by an IBCLC, is offered to all new mothers on the Mother-Baby unit. The focus is on techniques to assure a proper latch, positioning, and signs of knowing when the latch is correct.

**Breast Pump Rentals/Sales:** A full line of breast pumps are offered for rent/sale.

**Human Pasteurized Donor Milk:** NYU Langone has recently begun to offer Human Pasteurized Donor Milk for well infants requiring supplementation as well as NICU infants meeting the criteria for donor milk.

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## WE'RE HERE FOR YOU (EVEN AFTER YOU GO HOME)

**Follow-Up Phone Call:** A lactation consultant will follow-up with all NICU and high-risk newborns within a week of discharge; low-risk patients will be contacted within six weeks of going home to address any breastfeeding questions or concerns.

**Warm Line:** You will have access to a lactation consultant via a dedicated phone line; phone calls are returned within 24 hours. *Warm Line phone number: 212-263-2229 (BABY)*

**Latch Hour:** Families with newborns up to four weeks old can receive extra guidance to make breastfeeding comfortable for mom and effective for baby.

**Cost:** \$25

To register, go to: <http://nyulangone.org/patient-family-support/for-new-expecting-parents/parent-education-classes-support-groups>.

**Breastfeeding Café:** This weekly group offers new mothers encouragement and feedback on breastfeeding newborns. Mothers have the opportunity to meet and talk with others mothers about their experience. No registration required.