

# Breastfeeding Support

---

The Lactation Center at JPS is a department that focuses on providing information, education and support about breastfeeding for moms in the hospital and after they give birth. Our staff at JPS includes breastfeeding experts who are International Board Certified Lactation Consultants.

Breast milk contains hormones and antibodies that help keep babies healthy. Research has found that breastfed babies have a lower risk of developing asthma, eczema, childhood leukemia, ear and respiratory infections, obesity, Type 2 diabetes and Sudden Infant Death Syndrome (SIDS).



A sizable study published in pediatrics concluded that promoting breastfeeding has the potential to prevent more than 700 post-neonatal deaths every year in the United States – a top priority for JPS, which is committed to reducing Tarrant County’s historically high infant mortality rate.

## Inpatient Lactation Services

JPS promotes exclusive breastfeeding. After mothers give birth at JPS, nurses provide information and education on successful breastfeeding and help moms understand the positive impact breastfeeding will have on their health and the baby’s health. Breastfeeding support is also provided by lactation consultants.

Babies who are exclusively breastfed will be evaluated before they are discharged from the hospital. Follow-up care will be arranged for moms to meet with a breastfeeding specialist at a JPS clinic or in the family’s home.

## Outpatient Lactation Services

These services focus on breastfeeding support after nursing moms leave the hospital. Nursing moms can receive consultation, one-on-one education and home visits to support efforts at successful breastfeeding. Lactation consultants are available at JPS health centers to answer questions on topics such as latching on, milk supply and using breast pumps. At home visits can also be arranged to help moms navigate any challenges that may come up.

To participate in this program: Receive a referral from lactation consultants in the hospital as well as healthcare providers in JPS clinics.