



Breastfeeding, the Gold Standard for Infant Nutrition

Breastfeeding has been called the “gold standard” for infant feeding. The World Health Organization has stated that in infancy, no gift is more precious than breastfeeding.

Yet studies show that barely one in three infants are exclusively breastfed during the first four months of life.

At Ingham, we provide supportive options to encourage mothers and their babies to breastfeed.

Nursing Staff

Research has shown that what happens in the hospital or birth center plays a crucial role in establishing breastfeeding and helping mothers to continue breastfeeding after leaving the birth facility. All Birthing Center nurses are trained in the benefits of breast milk being a baby's first food.

Lactation Consultant

New mothers delivering at Ingham may also be visited by Deb Kline, a board certified lactation consultant who can educate and advise you on the basics of breastfeeding. After you have had your baby, Deb is available to help with latching, position and other nursing obstacles. After you leave the hospital, our lactation consultant is available by phone during regular business hours to encourage you on any nursing topic.

Education

For mothers who have specific concerns regarding breastfeeding, follow up visits can be scheduled following discharge. For mothers who would like more coaching, breastfeeding classes are also available by calling 517.975.7300.

The Birthing Center

401 W. Greenlawn Ave., Lansing, MI 48910
517.975.7300

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REGIONAL MEDICAL CENTER
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