

Education, information and considerate, personal attention are the framework for our approach to the care of mothers and babies.

The Breastfeeding Resource Center Staff

Location and Parking

United Hospital is located in downtown St. Paul, near the Cathedral of Saint Paul and Capitol Hill. United is easily accessible from I-35E (north and south), as well as the Marion and Kellogg exits from I-94 (east and west).

Patients, families and visitors may park in one of four ramps. All ramps are connected to United Hospital by underground corridors. United Hospital also offers valet parking from 6 a.m. to 8 p.m. Monday through Friday at the front entrance of the hospital and from noon to 10 p.m. at the entrance to the Emergency Department.



**UNITED
HOSPITAL**

Allina Hospitals & Clinics

The Birth Center
333 North Smith Ave.
St. Paul, MN 55102
651-241-6200

unitedhospital.com

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UNITED HOSPITAL

Breastfeeding Resource Center



Breastfeeding can be one of the most enjoyable experiences a mother shares with her baby. Most women choose to breastfeed because they want to spend those special times with their babies and because they know that mother's milk is best for their infants.

Most people think breastfeeding is a simple process that women and infants do instinctively. Yet special skills are involved in breastfeeding. And, as with most rewarding experiences in life, it takes planning, preparation, patience and support to make breastfeeding successful.



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The Birth Center of United Hospital and Children's Hospitals and Clinics of Minnesota has developed the Breastfeeding Resource Center, which provides an innovative program of education, support and professional advice for women who choose to breastfeed their babies. Lactation consultants in the Breastfeeding Resource Center provide services for all women who are breastfeeding, with emphasis on those who have special needs or problems.

Our lactation consultants are registered nurses with advanced education, board certification and many years of experience helping breastfeeding mothers and their babies. Their goal is to help mothers and their babies enjoy the most rewarding and satisfying breastfeeding experience possible.

They provide breastfeeding education and information before and after the baby is born, identify early signs of difficulty with breastfeeding while mothers are still in the hospital, advise and instruct women on techniques that may improve the quality of breastfeeding, and consult with health care providers, advising them about options and suggesting solutions for any breastfeeding difficulties their clients may be experiencing.

Outpatient Services

Outpatient services and telephone counseling are available to mothers with questions or concerns about breastfeeding, whether or not they have given birth at The Birth Center. For information or counseling over the telephone, please call 651-241-6250. There is no fee for telephone consultations. A lactation consultant will return the call and help to answer your questions and provide you with information.

If a breastfeeding problem isn't easily resolved over the phone, an appointment can be arranged for mothers to bring their babies to the clinic at the Breastfeeding Resource Center for more personal help and assessment. Located in St. Paul at United Hospital, 347 North Smith Avenue, in Suite 205 of The Birth Center, the clinic is open Monday through Friday during regular business hours.

Clinic appointments are scheduled to coincide with the baby's feeding and need to be prearranged. The last appointment of the day is 3 p.m. Please call 651-241-6250 to schedule an appointment. There

is a charge for clinic visits. Fees may be covered by your health insurance provider.

Mothers may want to consider a visit to the clinic for the following situations:

- Baby not gaining weight appropriately
- Baby has sucking problems
- Nipples persistently sore
- Flat or inverted nipples
- Severe breast engorgement
- Problems with milk supply (too much or too little)
- Nursing an adopted baby
- Relactation
- Difficulty with breastfeeding technique
- A breastfeeding baby who has special needs due to illness or prematurity
- Nursing twin, triplets or quads

During the visit, the Resource Center staff will take a history of the mother and baby, observe the baby during a feeding, determine possible causes of difficulty, and offer options from which the mother can choose to help solve the problems she and her baby are experiencing.

The Breastfeeding Resource Center does not provide medical care, nor is it designed to take the place of care provided by the mother's or infant's health care provider. When a woman calls or comes to the clinic for information or help with breastfeeding concerns, the staff maintains contact with the family's health care provider(s), relaying information on breastfeeding problems and progress.

Inpatient Services and Education

After the birth, while mothers are still in the hospital, lactation consultants are available to help with special needs or questions about breastfeeding.

Lactation consultants are available also for women who want to breastfeed but can't begin right away because their newborns are ill or born prematurely and must stay in the Neonatal Intensive Care Unit. A consultant counsels with and supports the mother until the baby can begin to breastfeed and continues to help the family during the baby's hospital stay.

Classes that provide basic information on the first weeks of breastfeeding are available to mothers who give birth in The Birth Center. Family members are welcome to attend the classes.

The Birth Center parent education program offers education for breastfeeding families. Classes include a single-session prenatal Preparation for Breastfeeding class and postnatal class, Combining Work and Breastfeeding, both offered several times throughout the year. To register for classes or for more information, please call The Birth Center at 651-241-6200.

Workshops for health care professionals are offered at various times throughout the year. Preceptorships are available upon request by calling 651-241-6250.

For More Information

For information or counseling over the telephone, please call 651-241-6250. Or you can make an appointment with a lactation consultant at the Breastfeeding Resource Center located at 347 North Smith Avenue in Suite 205 of The Birth Center.