

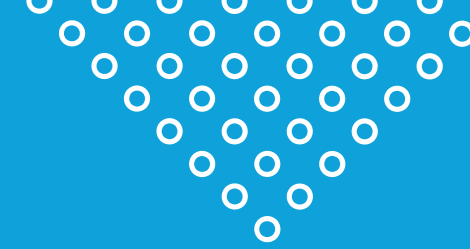
BREASTFEEDING

BENEFITS FOR BABY

- Reduces the chance of illness
- Reduces the incidence of allergies and asthma
- Promotes a healthy brain development
- Transfers beneficial antibodies from mom through her milk
- Easily digested

BENEFITS FOR MOM

- Reduces risk of breast and ovarian cancers
- Promotes bonding with your baby
- Reduces uterine bleeding after delivery
- Burns more calories and helps woman lose pregnancy weight faster
- It's free



CONTACT US:



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ncchsk.org



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Sabetha, KS 66534



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Seneca, KS 66538



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BREASTFEEDING CLINIC

Provided by:

Nemaha County Community
Health Services &
Sabetha Community Hospital



Nemaha County Community
Health Services is proud to
partner with Sabetha
Community Hospital to
provide this clinic





ABOUT OUR CLINIC

- Offers each mother a one-on-one consultation to assess breastfeeding needs and goals
- Will answer questions about breastfeeding
- Provides hands-on support with positioning and latch
- Provides an evaluation of the baby's weight with a medical-grade scale before and after feeding
- Provides education and guidance for newborn care, feedings and recommended follow-up
- Performs blood pressure checks for mothers with history of hypertension
- Performs breast/nipple evaluation
- Provides reassurance that you and your baby are on track
- Offers support and education for the entire family
- Hospital consults are available; ask your nurse for more information



MORE ABOUT US



Our breastfeeding clinic is free for everyone



We are open Tuesdays and Fridays 8:30-5:00pm by appointment only.



The breastfeeding clinic is staffed by Tara Lohmann, RN, CLC, and Christina Livengood, CLC. Tara and Christina are very knowledgeable in lactation and are excited to help mothers meet their breastfeeding goals.

OUR PROMISE

Our staff understands that the option to breastfeed is the choice of the mother, and it's sometimes not an easy one. That's why we are here to help you along your breastfeeding journey and offer you professional support. We will work together with your doctor to ensure that you and your baby are receiving the best support during your breastfeeding experience.