



# Lactation Services

InterMed is committed to helping new families **breastfeed**. While breast milk is considered the optimal nutrition for infants for the first year of life and beyond, breastfeeding does not always come naturally - our team is here to help!

**Our lactation consultants empower families to reach their infant feeding goals in a supportive, non-judgmental setting.**

We provide support and education to help each family navigate feeding their babies – from the early postpartum days, through weaning. Parents can expect hands-on care as well as practical advice.

## 1 Breastfeeding Basics

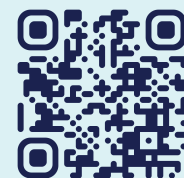
- Your baby should nurse whenever interested – at least every three hours (8–12 times per day).
- Watch for early feeding cues – moving mouth and tongue/putting hands to mouth. Crying is a late sign of hunger.
- Watch/ listen for signs of swallowing once your milk comes in (typically 3 to 5 days after delivery).
- Track wet and dirty diapers for the first one to two weeks. Stools should be yellow by day 5-6 of life.

## 2 When to Call your Pediatrician or Request Lactation Help

- Your baby is nursing less than 7 times in 24 hours, is difficult to wake for feeds or falls asleep quickly at the breast.
- Your baby is constantly cluster feeding and does not settle after feedings.
- You do not hear swallows or see signs of swallowing once your milk comes in.
- Breastfeeding is painful or you develop sore or damaged nipples.
- Your baby is not making as many wet diapers as days of age, or at least 6 per day after day 6.
- Your colostrum has not transitioned to milk by day 5.

During a lactation appointment, our skilled and experienced staff observe a feeding and assist with positioning and latching at the breast. They can also answer questions and provide education about breast pumps, milk storage or other concerns regarding establishing or continuing breastfeeding.

Contact your pediatrician to ask for more information or request a referral.



Learn More

