

BREAST FEEDING

**LOS ANGELES COUNTY+UNIVERSITY OF SOUTHERN CALIFORNIA
MEDICAL CENTER**

**WOMEN'S AND CHILDREN'S HOSPITAL
NEONATAL INTENSIVE CARE UNIT (NICU)**

Mothers are encouraged to provide breast milk for their infants. Breast milk is the preferred nourishment. It is easy to digest and provides many immunological advantages that are lacking in commercial formulas. Breast feeding is recommended for as long as the mother can breast-feed, or as long as she desires, even past one year.

In order to assist the mothers of babies in our NICU to continue to lactate, we teach them how to pump manually as well as pump with our electric breast pumps, Medela ®. Moms can pump in our breast feeding room and we will store the milk in our freezer. We provide mothers with small storage bags to use for the milk pumped at home and brought to the hospital. It is essential that the milk is brought on ice to the hospital, and if stored at home, that it is frozen to reduce potentially serious infections.

The NICU at the Women's & Children's Hospital has a lactation educator on staff (Rebecca Quintero, CCN) to assist individual mothers and infants to successfully breast feed. Resources for lactation support in the community are available through the breast feeding resource directory, which is available in the NICU. Other educational information is also available.

Near the Women's & Children's Hospital NICU is the LAC+USC Medical Center breast feeding clinic. It is open on Thursdays at 9 a.m. with Kittie Franz, R.N. running the clinic. Address: 1240 North Mission Road, Los Angeles, California 90033, Trailer 7A. Telephone: (323) 226-3683. No appointment is necessary, come with your baby!!