

## Meet your Lactation Consultant:



### **Angela 'Angie' Parker**

received her BSN from Western Carolina University and has worked in the mother and baby department at Harris Regional Hospital since 2001. Angie is one of Harris Regional Hospital's International Board Certified Lactation Consultants (IBCLC).

"I love the miracle of birth, and the opportunity to watch families grow and evolve. Being a lactation consultant is near and dear to my heart because I cherish the opportunity I have to work one-on-one with moms who may be struggling with breastfeeding like I did when I had my children. Through my personal experience, education and passion I am able to provide multiple opportunities to help them reach their breastfeeding goals."

## **Give Your Baby the Best**

You want the best for your baby and breast milk is your most complete nutrition source – providing amazing health, growth, and immunity benefits. Breastfeeding is also good for your health and creates a closeness that only you can give.

## **Here To Help**

Our board-certified lactation consultants can help provide a positive breastfeeding experience. Nurses in the Center for Women & Babies are also certified.

**Consider the power of breastfeeding!**



# Lactation Services



# Lactation Services at Harris Regional Hospital is available through the New Generations Family Birthing Center.

## Lactation service can help if:

- you require additional breastfeeding support and reassurance
- baby is not attaching to the breast
- you have sore or damaged nipples
- you have blocked ducts and/or mastitis
- baby is crying excessively
- there are concerns about milk supply
- there are concerns about your baby's growth
- feeding twins/multiples
- expressing and storing breast milk
- breastfeeding a baby who has other challenges; such as prematurity

Our care at the Harris Regional Hospital Women's Center does not stop when you take your baby home. Research suggests that most mothers are in need of some breastfeeding support following hospital discharge.



## When should I access the Lactation Services?

- During your pregnancy if you, your midwife or your doctor feel you could benefit from a consultation with a Lactation Consultant.
- In the hospital as you begin your breastfeeding experience.
- If you are leaving the hospital and you are experiencing some difficulties with breastfeeding, ask your doctor, midwife or nurse to arrange an appointment for you.
- Once home, if you need breastfeeding support or you are experiencing difficulty.

Your family/post-natal support is welcome and encouraged to be present during your visit. However if you are bringing other children it is recommended that you have an adult with you to care for them.

**To make an appointment with the Harris Regional Hospital Lactation Services call 828.586.7907**