

Aspen Birth Center lactation services are dedicated to your breastfeeding success.

The Aspen Birth Center at Aspen Valley Hospital has received a “Colorado Can Do 5! B.E.S.T.” (Breastfeeding Excellence Starts Today) Award for their commitment to the Can Do 5! practices.

Support

- **Inpatient Lactation Services:** All mothers who deliver at the Aspen Birth Center are provided complimentary visits by a certified lactation counselor to support you in breastfeeding.
- **“Bosom Buddies” Breastfeeding Support Group** meets weekly at the Aspen Birth Center, and bi-weekly in Basalt at After-Hours Medical Care. This group is led by a lactation counselor and offers a great opportunity for professional and peer support. For more information call 970.544.1130.
- **Aspen Birth Center Warmline:** This phone line is dedicated to the support of breastfeeding mothers. If you experience difficulties after you go home, you may call to speak to a certified lactation counselor about your specific concerns. Your concerns may be resolved over the phone or by appointment. Call 970.544.1251.
- **We encourage you to meet with our certified lactation counselors** for any issues or concerns, to help you prepare for breastfeeding success prior to and after returning to work, as well as for continued support.
- **Our certified lactation staff** is happy to offer assistance and personal guidance when you are purchasing breastfeeding supplies from Aspen Valley Hospital.

For more information or to schedule a consultation:

Call 970.544.1130

Or visit our lactation website at

www.aspenvalleyhospital.org/lactation.html



Education

Aspen Valley Hospital offers a variety of childbirth education classes including:

- *The Art of Breastfeeding*
- *Childbirth Preparation*
- *Successful Parenting*
- *V.I.P. Sibling*
- *Mind, Body, and Baby*
- *Friends and Family CPR*

To register:

Call 970.544.1130

Or visit our website at

www.aspenvalleyhospital.org/cbe.htm

Resources

WIC

Eagle County, El Jebel 970.704.2762

Pitkin County, Aspen 970.920.5420

Garfield County, Glenwood Springs 970.945.6614

LaLeche League Support Groups

Sally Lippman 970.945.6726

Corrine Merritt 970.945.9754

Barb Corcoran 970.384.2829

LaLeche League International (English & Spanish)

800.525.3243

BREAST PUMPS & LACTATION SUPPLIES

Aspen Valley Hospital

0401 Castle Creek Road

Aspen, CO 81611

970.544.1130 (24/7)

Target

110 West Meadow

Glenwood Springs, CO 81601

970.945.8006

BOOKS

The Breastfeeding Book: Everything You Need to Know About Nursing Your Child from Birth through Weaning

Martha and William Sears

Breastfeeding: Pure and Simple

LaLeche League International Inc.

The Essential Guide to Breastfeeding

Marianne Neifert, M.D.

The Nursing Mother's Companion

Kathleen Huggins, RN, MS

The Nursing Mother's Guide to Weaning

Kathleen Huggins, RN, MS, and Linda Ziedrich

The Womanly Art of Breastfeeding

LaLeche League International Inc.

ONLINE RESOURCES

There are many resources available on our website:

www.aspenvalleyhospital.org/lactation.html

You may also find the following websites helpful:

American Academy of Pediatrics

www.aap.org/healthtopics/breastfeeding.cfm

March of Dimes

www.marchofdimes.com

LaLeche League, USA

www.llusa.org

Medela

www.medela.com

Medline Plus

www.nlm.nih.gov/medlineplus/breastfeeding.html

United States Breastfeeding Committee (USBC)

www.usbreastfeeding.org

International Lactation Consultant Association

www.ilca.org

National Women's Health Information Center

www.womenshealth.gov/breastfeeding/

Aspen Birth Center's Can Do 5! practices:

1. Help mothers initiate breastfeeding within one hour of birth.
2. Give newborn infants no food or drink other than breastmilk, unless medically indicated.
3. Practice "rooming in" – allow mothers and infants to remain together 24 hours a day.
4. Give no pacifiers or artificial nipples to breastfeeding infants.
5. Foster the establishment of breastfeeding support groups and refer mothers to them on discharge from the hospital or clinic.

Benefits to Breastfeeding:

FOR YOUR CHILD:

- Higher scores on cognitive, IQ and visual acuity tests at school age
- Lower incidence of sudden infant death syndrome (SIDS)
- Lower risk of juvenile onset diabetes and obesity in childhood and adolescence
- Lower incidence of some forms of cancer (e.g., Hodgkin's disease, childhood leukemia)

FOR YOU:

- Lower likelihood of developing ovarian and premenopausal breast cancers
- Reduced osteoporosis
- Reduced risk for long-term obesity
- Quicker recovery after childbirth
- Reduced risk of postpartum bleeding
- Higher likelihood of returning to your pre-pregnancy weight than mothers who formula feed
- Increased self-confidence and feelings of closeness and bonding with your baby

Sources:

United States Breastfeeding Committee (USBC)
National Women's Health Information Center



ASPEN BIRTH CENTER
Where Families Are Born

ASPEN VALLEY HOSPITAL
0401 Castle Creek Rd.
Aspen, CO 81611
www.avhaspen.org
970.925.1130

ASPEN BIRTH CENTER LACTATION SERVICES



Extraordinary care
for our breastfeeding
mothers and infants...