



California Pacific
Medical Center

A Sutter Health Affiliate
With You. For Life.

Newborn Connections

Your Resource for Pregnancy, Breastfeeding and Parenting

Beyond Medicine.

Let our experts help you with breastfeeding!

Lactation Warm Line

You just got home from the hospital and you're realizing that you have a lot of questions! Maybe you're not feeling confident about breastfeeding.

It's normal to have additional questions or need reassurance during the early weeks of breastfeeding and even beyond. We're here to help!

Call (415) 600-6243 for breastfeeding related questions, information on lactation consultations, or to schedule an appointment.

A lactation consultant will return calls Monday through Friday from 10 am – 4 pm and Saturdays 10 am -2 pm.

Latch Clinic

Meet other new moms as you have your latch and positioning checked in a small group setting. Facilitated by a Newborn Connections International Board Certified Lactation Consultant.

Every Monday, 2-3:30 pm.

Cost: \$25.00. Space is limited!

Registration required. To register, call (415) 600-6243.

Lactation Consultation

The Latch Clinic isn't for everybody. We recommend a private appointment with a Lactation Consultant if you are worried about your milk supply, baby's weight gain, have a premature baby, using a nipple shield, or concerned about a breast infection.

Cost: \$115.00 for an initial appointment and \$85.00 for follow up appointments. Multiples are extra.

Appointment required. Call (415) 600-6243 to speak to a lactation consultant or to make an appointment.

All proceeds benefit Newborn Connections and enable us to continue providing valuable community services.

Newborn Connections
3698 California Street, 1st floor
Tel. (415) 600-BABY (2229)

www.cpmc.org/newbornconnections www.babies.sutterhealth.org
Open 10 am -4 pm Monday through Friday; 10 am - 2 pm Saturday





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Our groups and classes are great resources for new parents! Pick up a few tips and make some new friends!

<i>It's Not Just About Breastfeeding!</i>	<i>Baby Steps to Motherhood</i>	<i>Starting Solid Foods</i>
<p>Ask your breastfeeding questions and more! Exchange information and ideas with other new moms!</p> <p>Facilitated by a Newborn Connections International Board Certified Lactation Consultant.</p> <p>Fridays, 10:00 - 11:30 am.</p> <p>Cost: \$5.00. No registration required.</p> <p>Group meets in the Newborn Connections Library located at 3698 California Street on the first floor.</p>	<p>Motherhood can have its ups and downs, especially during the first few months. Join other new moms and discuss the joys of motherhood as well as the anxieties of adjusting to new responsibilities and changed routines.</p> <p>Wednesdays, 11:00-12:30 pm.</p> <p>Cost: \$5.00. No registration required.</p> <p>Group meets in the Newborn Connections Library located at 3698 California Street on the first floor.</p>	<p>A healthy, relaxed approach to beginning complimentary food for your baby! Find out how to tell when your baby is ready for solid foods. Learn which foods to offer first and which foods to avoid.</p> <p>Facilitated by Mary Ellen DiPaola, Registered Dietician and International Board Certified Lactation Consultant</p> <p>Second Thursday of every month from 12-1:30 pm.</p> <p>Cost: \$15.00. Registration required. To register, call (415) 600-6243.</p>

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