

**We want you to have a happy, healthy baby and a good breastfeeding experience.**

**Breastfeeding support and lactation services are available at Johnson Memorial Health.**

**Pregnant or new mothers may benefit from the services of our lactation consultant if they have:**

- History of breast surgery
- Minimal or no breast changes during pregnancy
- History of low milk supply
- Breast or nipple pain
- Engorgement
- Anxiety regarding lactation and breastfeeding
- Marked breast or nipple asymmetry
- Concerns about pumping

**Infants may benefit from lactation consultant services if they are:**

- Persistently having difficulty latching
- Experiencing inadequate diapers for baby's age
- Fretful at breast (squirming, crying, pulling off breast)
- Experiencing inadequate weight gain

### **Lactation Services**

Lactation Services are available free of charge.

Call **317.736.2698** to discuss your concerns. Private appointments are available.



### **Breastfeeding Support Group**

A certified lactation specialist will lead each meeting to offer support on all aspects of breastfeeding and infant weight checks.

Come and share your experiences and concerns among other moms in a relaxed setting.

**Meets 1-2pm every Wednesday at Johnson Memorial Health  
1125 W. Jefferson Street  
Main-2A Meeting Room  
(2nd floor, new building)**

No registration is required and is open to breastfeeding mothers and babies of any age. Siblings are welcome.

**Contact Amanda Ennis, RN, CLC, CLS at 317.736.2698 if you have any questions.**



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***Great care starts here.***