



Maternal Child Health

Community Memorial Health System

Breastfeeding Supplies & Support

Mother's milk is the best nutrition for babies. To help make nursing successful, we offer expert lactation care services, supplies and support. Our program is provided by registered nurses who are certified lactation counselors. We offer individualized consultations to assess you and your baby's feeding style and to provide education and support.

Breastfeeding Boutique on-site at the New Parent Resource Center

- Breast Pump Sales
- Breast Pump Rental
- Nursing Bras
- Breast Pump Kits
- Breastfeeding Supplies



Additional information on back.



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We are Here to Help You

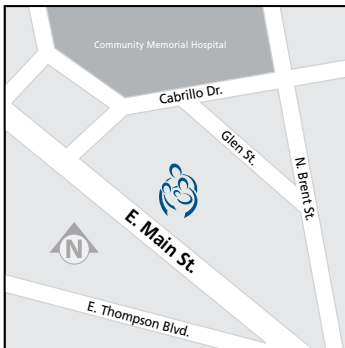
Breastfeeding comes naturally for some but not for all. Guidance, support or simple reassurance can make all the difference. We offer private consultations by appointment. Please call 805/667-2838 for questions or support or if you experience:

- Problems with baby's latch
- Low milk supply
- Slow weight gain
- Nipple or breast pain

Private consultation fees:
No cost if delivered at CMH
\$50.00 if delivered elsewhere

Breastfeeding Support Group

Research shows that women breastfeed longer when they have group support and we offer this support. Led by a registered nurse and certified lactation counselor, you may ask questions, share advice, or just listen, in a relaxed and welcome environment. The group is a drop-in format and is free of charge. Join us for coffee, tea, snacks and support. Groups meets every Wednesday from 10:00 a.m. to 11:30 a.m. at the New Parent Resource Center. For more information please call 805/667-2838.



New Parent Resource Center

2809 E. Main St., Ventura

Parking is available on the street or in the back. We accept credit/debit cards, checks or cash.