

# Mother's Milk First Lactation Center

## Mother's Milk First Lactation Center

520 Madison Oak Dr.  
3rd Floor (left at the entrance of postpartum)  
San Antonio, TX 78258

**Hours:** Monday - Friday

9 a.m. - 4 p.m.

(Closed 12 p.m. - 1 p.m.)

## Mother's Milk First Lactation Center

One of the preventive measures a mother can take to protect the health of her infant is to breastfeed. At North Central Baptist Hospital, we support your choice to provide breast milk for your baby. Mother's Milk First Lactation Center offers a warm, comfortable and supportive environment where breastfeeding families can discuss their goals, concerns and their baby's needs.

Our board-certified lactation consultants have advanced training in breastfeeding management. They assess mom and baby to help evaluate lactation concerns and help make a plan to overcome difficulties. We can also refer new moms to other health care providers, if needed.

All of our nursing staff are qualified to support breastfeeding during your entire hospital stay.

### THE LACTATION CENTER OFFERS:

- Inpatient and outpatient consultations
- Breastfeeding support products available in the gift shop
- Breast pump instructions and support

### APPOINTMENTS:

Consultations are by appointment only.

For lactation services at North Central Baptist Hospital, please call: **(210) 297-4086**.

To register for prenatal breastfeeding classes, please visit: [BaptistHealthSystem.com/Events](http://BaptistHealthSystem.com/Events)

- Weight checks
- Consultations for moms returning to work
- Educational materials and resources
- Telephone assistance

### FACTS ABOUT BREASTFEEDING

The American Academy of Pediatrics (AAP) recommends continuing breastfeeding for 1 year or longer as you begin to offer complementary solid foods, unless you have a medical condition that is preventing you from doing so. They also recommend that routine supplements (extra feedings) of formula, water or glucose water, should not be given to breastfeeding infants, unless it is medically necessary and ordered by a physician or other healthcare provider. Feedings of just water can give a baby a sense of fullness without providing adequate nutrition. The Baptist Health System supports the AAP's recommendations and does not routinely supplement babies with water or formula. Cow's milk formula may be harmful to your baby by increasing the following risks:

- It can cause severe illness at times of heat stress, fever, or diarrhea.
- It lacks the proper amounts of iron, vitamin C, and other nutrients that infants need.
- It may even cause iron-deficiency anemia in some babies, since cow's milk protein can irritate the lining of the stomach and intestine, leading to loss of blood into the stools.

### Mother's Milk First Lactation Center

For more information about our women's services, please visit: [BaptistHealthSystem.com/TheNest](http://BaptistHealthSystem.com/TheNest)