



Dear Mommy-to-be,

Guadalupe Regional Medical Center (GRMC) wants to ensure that your baby gets the best start in life and so do I! Breastfeeding is the best option for mother and baby since it provides many healthy benefits for both.

As GRMC's Lactation Consultant, I support families through the breastfeeding process with helpful education and professional advice. I am certified through the International Board of Lactation Consultant Examiners (IBCLC) and have earned a Bachelor of Science in Dietetics from Texas State University San Marcos. After graduation, I pursued employment with the Women Infant Children Program (WIC) and realized my passion is helping mothers give babies the best start to life by breastfeeding.

Since 2007, I have been a Certified Lactation Counselor (CLC) and used that certification and worked closely with mothers and babies to reach my IBCLC and became certified in 2010. I began working at GRMC in August of 2011 and some of the lactation services I provide include:

- Free inpatient consultations
- Free outpatient consultations for GRMC babies (There is an additional fee for a non-GRMC delivery.)
- Follow-up calls to families delivering at GRMC
- Special attention to intensive care babies and their families
- Consultations for mothers returning to work
- Assistance with special need situations (breastfeeding multiples, etc.)
- Educational materials and resources
- Breastfeeding telephone assistance

Another available service through GRMC's Birthing Center is the Breastfeeding Class. This class is a great way to learn and prepare to breastfeed your newborn. Breastfeeding classes give pregnant moms an opportunity to ask questions and voice concerns regarding breastfeeding. Discussion topics include:

- Breastfeeding basics: benefits, making breast milk (transitions, production cycle, etc.), and special situations
- Latching on/positioning (what effective and ineffective latch looks like and feeding in the first weeks)
- Feedings: when, hunger signs, feeding guidelines, tummy size, and feeding a sleepy baby
- How much is enough, satiety signs, and when to call your doctor
- Breast care (engorgement, nipple care, etc.)
- Breastfeeding lifestyle: taking care of yourself, proper time to introduce bottles and pacifiers if applicable, returning to work, expressing milk, milk storage guidelines, and where to find support

If you are interested in more information, please contact me at 830.401.6130. I look forward to helping you and baby through this special time!

Cordially,

Shawna Baker, BS, IBCLC, RLC, CLC