



Family Birth Center

Breastfeeding Resources

Outpatient Lactation Consultation

Available from an International, Board-certified Lactation Consultant by appointment only. Call 208.625.5091 to schedule.

Breastfeeding Support Group - Free

Tuesdays by appointment only in the Family Birth Center lobby. 10 a.m. – 11 a.m. | Call 208.625.5091 to schedule a seat.

New and experienced moms unite! Bring your little ones, meet other mothers and engage in peer support facilitated by a Board Certified Lactation Consultant (IBCLC).

Mommy and Me Social Hour - Free

Tuesdays by appointment only in the Family Birth Center lobby. 11 a.m. – 12 p.m. | Call 208.625.5091 to schedule a seat.

A support group for new mothers to share experiences, challenges and advice in a welcoming and nurturing environment. Our group is designed to encourage and build closeness among women in similar seasons of life. Topics will include breastfeeding, sleep, postpartum depression, family dynamics, self-care and more. Our group is hosted by a Childbirth Educator and Licensed Medical Social Worker.

Breastfeeding Success Class - Free

First Wednesday of each month from 6 – 8:30 p.m. Register online at: kh.org/family-birth-center

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Coeur d'Alene, ID 83814
208.625.5091



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Breastfeeding Applications for Your Smartphone

Apple Apps:

- ▶ FREE
 - Eat Sleep • Milk Stash • Breastfeed
 - The Bump • latchMe • Baby Breastfeeding Tracker
 - Pump Log
- ▶ FOR PURCHASE
 - DairyBar • iLetDown • BoobieTime • Mommymeds

Android Apps:

- ▶ FREE
 - Breastfeeding Tabulator • latchMe • LactMed
- ▶ FOR PURCHASE
 - DairyBar • Baby Care Plus • Feed Baby
 - Mommymeds • Baby Tracker - Feed, Diaper Log
 - Breastfeeding Solution • Baby ESP

How-to Videos and Printable Family Birth Center Resources



Scan this code with the camera on your smartphone.

Other Online Resources: idahobreastfeeding.org

Home Breast Pumps (2) - in Stock! Available by prescription only.

We offer both the Medela Pump and Style and Spectra S-2 brands. Use the QR code above to access video instructions.

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