

Family Birth Center

Breastfeeding Resources

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Outpatient Lactation Consultation
We offer personalized lactation consultations with an International Board-Certified Lactation Consultant, available by appointment only. To schedule, please call 208.625.5091.

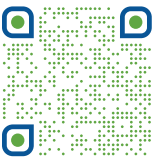
If you have questions or are experiencing breast discomfort, including pain, don't hesitate to reach out to us at 208.625.5091. We're here to help!

Breastfeeding Support Group - Free
Family Birth Center lobby | Tuesdays, 10 a.m. – 11 a.m.

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 & Me Support Group - Free
Family Birth Center lobby | Tuesdays, 11 a.m. – 12 p.m.

Join our welcoming group for new moms to share experiences, challenges, and advice in a nurturing environment. Together, we'll explore topics like sleep, postpartum depression, family dynamics, self-care, and more. Led by a Licensed Medical Social Worker, this group fosters connection and support during this special season of life.



Breastfeeding Success Class - Free
First Wednesday of each month
from 6 – 8:30 p.m.
Register here or visit:
kh.org/family-birth-center



2003 Kootenai Health Way
Coeur d'Alene, ID 83814
208.625.5091

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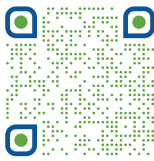
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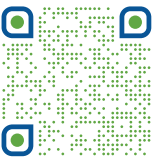
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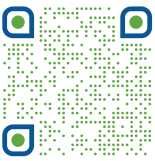
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MommyMeds for Moms Smartphone App

MommyMeds is the premier health and safety app for all pregnant and breastfeeding mothers. Ensure safe breastfeeding and care of your baby while using prescription and over-the-counter medication.

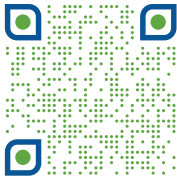
You can:

- ▶ **Scan over-the-counter medications**
Scan the barcodes of thousands of medications and receive immediate, easy to understand information on drug safety and ingredients.
- ▶ **Search over 20,000 drugs and medications**
Developed with 25+ years of research by ‘Medication and Mothers’ Milk’ author Dr. Thomas Hale, PhD MommyMeds brings an entire database of up-to-date safety and care practices at your fingertips.
- ▶ **Push Notifications with Recent News & Research**
Receive notifications with new information on drugs, research, and breastfeeding news.

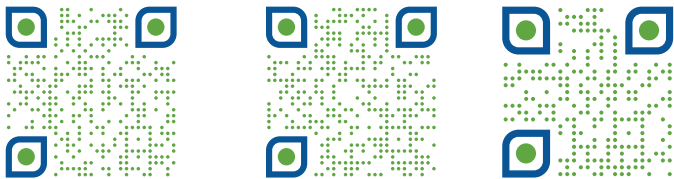


How-to Videos and Printable Family Birth Center Resources including:

- ▶ Introduction to Breast Pumping
- ▶ Specta S1 Breast Pump
- ▶ Medela Symphony Breast Pump How-to



Other Online Resources:



idahobreastfeeding.org globalhealthmedia.org kellymom.com

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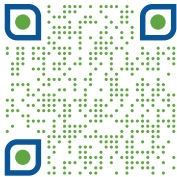
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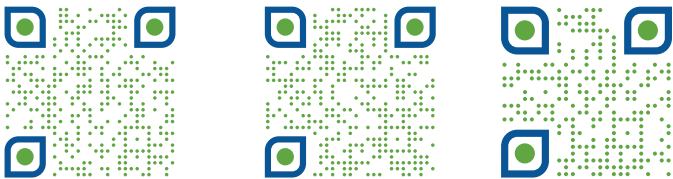


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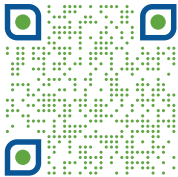
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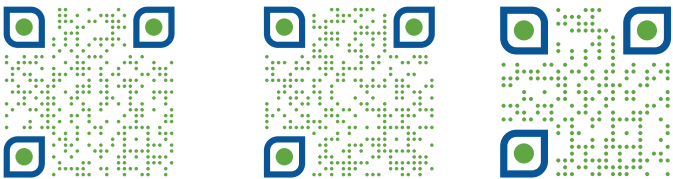


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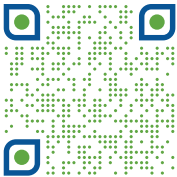
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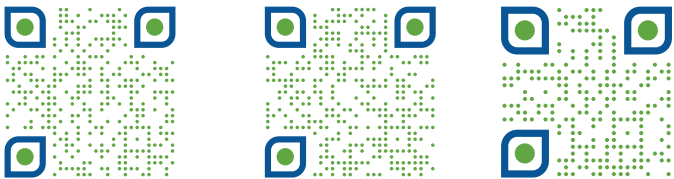


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