

Hospital Resources

- Breast pump rental
- Outpatient consults by appointment
- Local support group
- Well Babies at Walgreens and Drop-in Center, Wednesdays, 10 to noon at 62nd and Keystone Walgreens

Women's Health Boutique

The St.Vincent Women's Health Boutique specializes in the products and information nursing moms need most, including:

- Breastfeeding supplies
- Bra Fittings
- Bedside Fittings
- Delivery to inpatient rooms available

Women's Health Boutique

St.Vincent Carmel Women's Center

13420 North Meridian Street

Carmel, IN 46032

317.582.8080

Open Monday - Friday, 9 a.m. to 5 p.m.

Additional Resources

womens.stvincent.org

www.aap.org

www.breastfeedingonline.com

www.indianastands.org

www.kellymom.com

www.lalecheleague.org

www.massbfc.org

www.themilkbank.org

womens.stvincent.org



Breastfeeding Resources



Breastfeeding Resources

A little help can make all the difference.

Breastfeeding—a wonderful experience for you and your baby. Your breast milk provides all that your baby needs for optimal growth and development. The time you spend breastfeeding your baby creates an irreplaceable bond. In the beginning, extra support and guidance make a difference. That's why we're here to help with an array of useful resources.

Outpatient Lactation Consultations

Call to schedule an appointment with one of our lactation consultants at any of our locations below.

Indianapolis: 317.415.7441

Carmel: 317.582.7461

Fishers: 317.415.9395

Mothers Support Groups

Ask, share and learn in a comfortable group environment. Our support groups are facilitated by a member of our lactation team, and offer the opportunity to communicate in a group setting.

St.Vincent Breast Center

8550 Naab Road, Suite 201

Indianapolis, IN 46260

10:30 a.m., Fridays

St.Vincent Carmel Women's Center

Entrance 3, 1st Floor, Community Room

13420 North Meridian

Carmel, IN 46032

10:30 a.m., Mondays

St.Vincent Fishers

Entrance 3, 3rd Floor, Community Room

13914 Southeastern Parkway

Fishers, IN 46037

10 a.m., Saturdays

Breastfeeding Tips

- Hold your baby skin-to-skin.
- Watch for hunger cues.
- Feed early and often.
- Offer both sides.
- Let baby finish on his/her own.
- Track ins and outs (number of feedings, wet/soiled diapers) until baby is gaining weight well.

*see log below

Breastfeeding Log

Normal Newborn Expectations for every 24-hour day

Day 1	4-6 feedings	1 wet	1 stool (black/tarry)
Day 2	6-8 feedings	2 wet	2 stools (black or brown)
Day 3	8-12 feedings	3 wet	2 stools (brown/green)
Day 4	8-12 feedings	5 wet	3 stools (yellowish)
Day 5	8-12 feedings	6 wet	3 stools (yellow)
Day 6	8-12 feedings	6 wet	3 stools (yellow)
Day 7	8-12 feedings	6 wet	4 stools (yellow)



These are minimums. Babies often feed more often, especially during growth spurts. They will often have many more wet and dirty diapers on a daily basis through the newborn period of the first two months.