



Our Infant Nutrition & Lactation Team is here to help you.

While breastfeeding is natural, it is not always easy for everyone. Our experienced team will help you navigate breastfeeding and any questions or challenges it brings.

We can help you with:

- Latch issues
- Breast and nipple pain
- Breastmilk supply
- Infant weight gain and feeding
- Supplementary feedings
- Preterm and Early Term Infants
- Multiples
- Adoption
- Maternal medications
- Pumping
- Milk suppression
- Returning to work
- Prenatal preparation for breastfeeding
- How to wean from nipple shields and pumping

Our Services

- Prenatal Breastfeeding Classes and One-to-One Lactation Consultations
- In-Patient Hospital Lactation Consultants and Lactation Nurses
- Postpartum Breastfeeding Support Groups (No cost)
- Breastfeeding Warmline - Breastfeeding Information and Support (No cost)
- Outpatient Lactation Clinic staffed by IBCLC certified Lactation Consultants
- NICU Lactation Support (in hospital and when home)
- Employee Breastfeeding Support
- Healthcare Provider Training

Our SAHS Lactation Team is committed to helping you achieve your breastfeeding goals, no matter what they are or where you are starting from.



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If you have any questions, need some help, or would like to schedule an Outpatient Lactation Consultation, please call us at the SAHS-Boise **Lactation Warmline, 208-367-4063.**