



The Lactation Center and Boutique at Inova Fair Oaks Hospital Women's Center

Breastfeeding is one of the most important decisions you will make for your baby. Our International Board-certified Lactation Consultants at Inova Fair Oaks Hospital have a commitment to help you succeed and make breastfeeding a pleasant experience.

Lactation Center and Boutique

Inova Fair Oaks Hospital Women's Center

Schedule an Appointment Today

For breastfeeding questions or to make an appointment, call 703.391.3908

Inova Fair Oaks Hospital
3600 Joseph Siewick Drive
Fairfax, VA 22033
703.391.3908

Hours: Monday - Saturday, 9 a.m - 2 p.m.

inova.org/ifoh

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Congratulations on your decision to breastfeed!

Breastfeeding has been proven to be healthy for your baby — and for you. Breast milk provides your baby with balanced nutrition and protection against illness, and is a loving, nurturing way to feed your baby. Breastfeeding helps a mother bond with her baby, get back in shape and may even lower her risk of breast and ovarian cancers.

Inova Fair Oaks Hospital's International Board-certified lactation consultants are here to support your decision with counseling, education, support and supplies for breastfeeding mothers.

Our lactation consultants are sensitive to diverse cultural needs, offer breastfeeding classes to mother and infant while they are first in the hospital, and consult with new mothers on:

- Basic position and latch of the infant
- Information about practices that promote successful breastfeeding
- How to prevent and manage such common concerns as poor latch, inadequate milk transfer or supply, nipple or breast pain, and how to calm a fussy baby
- Milk expression and storage for mothers who must be separated from their babies
- Strategies for breastfeeding after returning to work
- Breastfeeding in challenging situations, such as breastfeeding twins or triplets, premature or sick infants, or infants in special medical situations.

Lactation Counseling and Education

The best time to begin to breastfeed is right after your baby is born. Your Labor and Delivery nurse can assist with initial skin to skin time and attempting to latch.

Breastfeeding classes are offered Monday - Saturday in the hospital. Attending a class is a great opportunity to meet with our lactation consultants to receive hands-on help and ask questions you may have about breastfeeding.

Breastfeeding Benefits for Mother and Baby

- Breast milk is the ideal nutrition for newborns
- Breastfeeding is the most convenient and least expensive way to feed an infant
- Breastfeeding enables a mother to experience a unique bond with her infant
- The American Academy of Pediatrics recommends breastfeeding an infant for a full year
- Breastfeeding decreases the incidence of many illnesses, including asthma, juvenile diabetes, diarrhea, otitis media (ear infection) and certain childhood cancers
- Sudden infant death syndrome is less likely in breastfed infants
- Maternal weight loss is more rapid in the early postpartum period with breastfeeding
- Breastfeeding provides women with a certain measure of protection against premenopausal breast cancer and ovarian cancer

The Breastfeeding Center and Boutique is located in the Women's Center on the third floor of the hospital. At our boutique, you will find a full array of breastfeeding items and accessories.

Breastfeeding Supplies

- Pump in Style® and Purely Yours breast pumps
- Bravado/Medela nursing bras
- Bra pads/gel pads
- Breast shields in all sizes
- Lanolin
- Foot stools
- Feeding pillows
- Milk storage bags and bottles
- Moby Wraps
- Nursing tanks
- Various sizes of breast pump flanges

Outpatient Services

Lactation consultants are available by appointment to help breastfeeding mothers with infants up to three weeks old. Private consultations, nursing-bra fittings and telephone support are provided.

Hours

Breastfeeding Center and Boutique

Monday to Saturday, 9 a.m. to 2 p.m.

All services are by appointment so that we may better serve you.

For breastfeeding questions, or to make an appointment, call **703.391.3908**.