

UW Medicine

La lactancia

En el hospital y en casa



diciembre 2017

UW Medicine

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Breastfeeding

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Attaching Your Baby to Your Breast	<input type="checkbox"/>	<input type="checkbox"/>
Sore Nipples	<input type="checkbox"/>	<input type="checkbox"/>
Common Concerns About Breastfeeding	<input type="checkbox"/>	<input type="checkbox"/>
Comfort Measures for Engorgement	<input type="checkbox"/>	<input type="checkbox"/>
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A quién llamar

La clínica de su bebé

Llame a la clínica de su bebé en cualquier momento si tiene alguna inquietud sobre su salud. Si es fuera de horas de oficina, hay una grabación que le indica lo que debe hacer.

Su clínica de pediatría: _____

Teléfono: _____

Ayuda con la lactancia

UWMC Lactation Services

(Servicios de lactancia en UWMC)206.598.4628

Roosevelt Lactation Consultant

(Consultas de lactancia en Roosevelt)..... 206.598.3030

NW Hospital Breastfeeding Group

(Grupo de lactancia en NW Hospital)206.368.1882

Valley Medical Center Lactation

(Lactancia en Valley Medical Center)425.228.3440, ext. 2526

Clientes de WIC

WIC (Mujeres, infantes y niños) 800.322.2588

Muchas oficinas de WIC tienen programas para prestar las bombillas sacaleches a las clientes que regresan al trabajo o la escuela, o necesitan usar las bombillas sacaleches a causa de salud.

Para conocer más, visite www.doh.wa.gov/YouandYourFamily/WIC.aspx.

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Who to Call

Your Baby's Clinic

Call your baby's clinic any time if you have concerns about your baby's health. If it is after hours, a recording will tell you what to do.

Your pediatric clinic: _____

Phone: _____

Breastfeeding Help

UWMC Lactation Services.....206.598.4628

Roosevelt Lactation Consultant 206.598.3030

NW Hospital Breastfeeding Group206.368.1882

Valley Medical Center Lactation425.228.3440, ext. 2526

WIC Clients

WIC (Women, Infants and Children)..... 800.322.2588

Many WIC offices have breast pump loaner programs for their clients who are returning to work or school, or need to pump for health reasons. To learn more, visit www.doh.wa.gov/YouandYourFamily/WIC.aspx.