

Our goal is to inform all pregnant women about the benefits of breastfeeding, so they can make educated decisions about how to feed their babies.

We also want to offer them the support needed to maintain that choice—whether a mother chooses to breastfeed or not. ***We respect every mother's decision about how to best feed her baby.***



Breastfeeding can be a beautiful journey for both mom and baby, but it does require the learning of certain skills in order to be successful.

If or when you encounter challenges in breastfeeding your baby, the certified lactation consultants at Logansport Memorial can help.

When to seek Lactation support from a professional:

It's normal to begin feeling frustrated or discouraged if breastfeeding does not come as easily as you expected or hoped. If you have difficulties, many breastfeeding problems can be easily fixed with the right evaluation and support.



Lora Adams, RN, CLC

Lora brings 7 years of experience as a labor and delivery nurse, and 4 years of teaching lactation classes and lactation consulting experience to her role as a Certified Lactation Consultant. She is the mom of four kids.

Email: ladams@logansportmemorial.org



Amanda Zarse, RN, CLC

Amanda brings 9 years of experience as a labor and delivery nurse to her role as a Certified Lactation Consultant. She is the mom of three kids.

Email: azarse@logansportmemorial.org

Don't wait to ask for help.

To make an appointment with one of our certified lactation consultants, call:

(574) 753-1705

If a consultant cannot answer your phone call, please leave a voicemail. All messages will be returned as soon as possible, usually within 48 hours.



1101 Michigan Avenue
Logansport, IN 46947

LogansportMemorial.org/Connect2Care

Lactation

Services and Support





Let us support you on your breastfeeding journey, every step of the way.

Before Baby is Born

Prenatal education classes to help you learn about caring for and feeding your new baby are available at Logansport Memorial Hospital, whether this is your first baby or you're adding to your family.

BREASTFEEDING CLASS

This class will help you and your partner understand the breastfeeding process and increase your confidence in breastfeeding. We strongly encourage you to bring your spouse, birthing partner, your mother or other supportive friend.

PREPARED CHILDBIRTH CLASS

This one-day session class is designed for busy people who want to prepare for childbirth as efficiently as possible. It offers an overview of the basics of childbirth and some essential techniques to practice at home to prepare for labor and delivery. You will receive a tour of the Family Birth Center.

Other classes already available, or coming soon include:

- Infant CPR Class
- Babysitting / Home Alone Classes
- Breastfeeding Support Group
- Young Parent Support Group

Classes can be offered in Spanish upon request.

When you call to register, please tell us that you will need a translator for class and we will have one available to you. To sign up for one of our classes, or for more information about them, please call **(574) 753-1705**.

During your Hospital Stay

During your hospital stay, we offer several resources to help you begin your breastfeeding journey.

Other services we offer include:

Establishing a breastfeeding plan of care that helps meet the breastfeeding mother's goals

RN Staff Support

Your nurses are your primary point of contact during your hospital stay. As part of our Baby-Friendly designation, our staff has taken additional training to provide general breastfeeding assessment and guidance that supports early breastfeeding.

Breast pump distribution (with insurance approval)

Nipple comfort support and education

Lanolin cream, soothing gel pads, nipple shields

Milk Depot services

As a certified Milk Depot location, Logansport Memorial offers Human Pasteurized Donor Milk for well infants requiring supplementation, as well as infants born prematurely. Certain criteria must be met; our lactation consultants and staff members can help you navigate that.

Going Home with Baby

Leaving the hospital to go home can feel exciting and overwhelming for many reasons, especially if it's your first child. Challenges may come up at home when you are by yourself that you didn't have while you were in the hospital.

If or when that happens, we can meet you where you are, and provide the help you need.

Support services after delivery include:

Follow-up Phone Call

One of our certified lactation consultants will call to follow-up with all discharged patients within one week of going home, to address any breastfeeding questions or concerns.

Face-to-face Lactation Appointments

scheduled at the hospital, in a private office

Home visit Lactation Appointments

Weight Checks for Baby

Weighing newborn before and after feeding for milk transfer, also monitoring concerns with weight gain or latching

Milk Depot services

Infants may still receive Human Pasteurized Donor Milk as needed, even after going home from the hospital. Certain criteria must be met; our lactation consultants and staff members can help you navigate that.