

Breastfeeding Support

The Lactation Center at JPS is a department that focuses on providing information, education, and support about breastfeeding for moms in the hospital and after they give birth. Our staff at JPS includes breastfeeding experts who are International Board Certified Lactation Consultants.

Breast milk contains hormones and antibodies that help keep babies healthy. Breastfeeding is recommended for at least the first six months of life and up to two years or longer. Research has found that breastfed babies have a lower risk of developing asthma, eczema, childhood leukemia, ear and respiratory infections, obesity, type 2 diabetes, and Sudden Infant Death Syndrome (*SIDS*).

A sizable study published in pediatrics concluded that promoting breastfeeding has the potential to prevent more than 700 post-neonatal deaths every year in the United States – a top priority for JPS, which is committed to reducing Tarrant County's historically high infant mortality rate. Breastfeeding and pumping also has significant health benefits for moms. It may help reduce the risk of postpartum bleeding, breast and ovarian cancers, type 2 diabetes, and high blood pressure. It can also help the mother recover from childbirth quicker.



Inpatient Lactation Services

JPS promotes exclusive breastfeeding. After mothers give birth at JPS, nurses provide information and education on successful breastfeeding and help moms understand the positive impact breastfeeding will have on their health and the baby's health. Breastfeeding assistance and support is also provided by Lactation Consultants.

Babies who are exclusively breastfed will be evaluated before they are discharged from the hospital. Followup care will be arranged for moms to meet with a Lactation Consultant at a JPS clinic or via a telehealth appointment.

Outpatient Lactation Services

These services focus on breastfeeding support upon discharge from the hospital. Breastfeeding moms can receive consultation, one-on-one education and assistance to support efforts at successful breastfeeding. Lactation consultants are available at JPS health centers to answer questions on topics such as latching on, milk supply, using breast pumps, or other breastfeeding concerns.

Outpatient lactation appointments in JPS clinics are scheduled upon discharge and as needed thereafter to help moms reach their breastfeeding goals.