



Our Services

Outpatient appointment
Breastfeeding classes
MOMS Group
Inpatient visits
Breast Pump Information
Counseling & Education

Madigan supports any mother's desire to breastfeed, and our professional Lactation Consultants are here to help.

We offer a variety of classes and resources covering the basics of breastfeeding, normal newborn behaviors and problem solving skills. Our goal is to help you establish a successful breastfeeding experience for both you and your baby.

Moms can opt to receive breastfeeding

support as an inpatient or outpatient at Mother's Own Milk Support (MOMS) Group, in Family Medicine or the Pediatrics Clinic. Madigan Lactation Consultants also partner with the Joint Base Lewis-McChord Women, Infant & Child (WIC) office and the New Parent Support Program.

Madigan offers several pumping/feeding stations located throughout the hospital in the Pediatrics Clinic, Family Medicine, OB/GYN Clinic and NICU.

Prenatal Breastfeeding Class

- 2nd Thursday of each month, 6-8 p.m.
- 4th Thursday of each month, 1-3 p.m.
- Sakakini Conference Room (Hospital Tower 3rd Floor)
- Pre-registration is preferred. Please call TRICARE Regional Appointment Line (1-800-404-4506) or the OB /GWYN Clinic (253-968-1406) to register. Walk-ins welcome.

Family Medicine Lactation Support

- Breastfeeding Support Group
Wednesdays, 9:30-11:30 a.m.
Duke Conference Room (Eagle/Falcon Clinic)
- Appointments available; call 253-968-2637

Pediatric Clinic Lactation Consultations

- By Appointment only.
- Call 253-968-3066, option 6 or 253-968-1844.

MOMS (Mother's Own Milk Support) Group

- Tuesdays, 1-3 p.m.
- Sakakini Conference Room (Hospital Tower 3rd Floor)
- MOMS Group is ideal for patients seeking breastfeeding assistance and is open to all mothers of breastfed infants. MOMS Group consists of answering common questions and receiving assistance with breastfeeding and networking. For the health and safety of all participants, please do not come to MOMS Group if you or your infant is sick.

Do you have concerns?

Please call the lactation consultant or your doctor if you have any breastfeeding concerns. Many moms do not have family members who have breastfed and all of this is quite new.

By day five consider the following:

- Do you feel breastfeeding is going well?
- Has your milk come in? (Breasts feel fuller & you can hear baby drinking)
- Can your baby latch comfortably and stay attached without difficulty?
- Is your baby drinking from the breast?
- Is your baby nursing at least 8 times per day?
- Do your breasts seem softer after baby has finished a feeding?
- Is breastfeeding pain-free?
- Is your baby having three or more yellow stools per day?

If you answered “no” to any of these questions, please call the Madigan Lactation office and leave a message. We will return your call.



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ARMY MEDICAL CENTER

www.mamc.amedd.army.mil



Join the Madigan Facebook Breastfeeding ongoing event and ask us questions!

Helpful Resources

Family Medicine Lactation Support
253-968-2637

McChord Clinic Lactation Support
253-982-2501

Pediatrics Clinic Lactation Support
253-968-3066, option 6 or 253-968-1844

New Parent Support Program
253-967-7409

Women, Infant & Child (WIC) Breastfeeding Support
253-968-4988

For Active Duty Moms:

<http://breastfeedingincombatboots.com/>
Connect with other breastfeeding military moms.

<http://www.cdc.gov/breastfeeding>
Stay current on the latest news regarding breastfeeding and lactation.

<http://www.dol.gov/whd/nursingmothers/>
Employers are mandated to provide reasonable accommodations for an employee to express breast milk to nurse her child up to one year after the child's birth.

<http://www.ncsl.org/research/health/breast-feeding-state-laws.aspx>
Understand state and federal laws protecting and promoting breastfeeding.

<http://www.llofwa.org>
Le Leche League of Washington

Federal endorsement is not intended.



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Lactation Consultation Services

9040 Jackson Ave
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