“Knowing there was **help after I went home** made all the difference.”
   - new Mom

“**Mother’s milk is liquid gold** to babies born prematurely.”
   - Pediatrician

“It really helped me to **talk with other moms** going through the same things.”
   - new Mom

“I was amazed at how much has **changed** since I’d had my children.”
   - new Grandmother

“I had my own health problems after I delivered my baby and the **Lactation Consultants** helped me continue breastfeeding.”
   - new Mom
The Baby Café is for breastfeeding moms and their supporters. Our mission is to nurture and support all mothers in their decision to breastfeed. We serve as a community resource to educate, guide, and encourage all moms while their baby is breastfeeding. We believe that supporting all mothers is a good investment in each other, in our community and in the future of our children and families.

WHEN VISITING THE BABY CAFÉ YOU CAN EXPECT...
- a relaxed and informal environment led by TMC Lactation Consultants
- that we provide an environment where mothers can bond with each other and share experiences
- to get up-to-date information about breastfeeding from knowledgeable staff
- to be helped in a way that enables you to continue breastfeeding when you go home
- to be supported in the choices you make

BREASTMILK: NATURE’S PERFECT BABY FOOD...
- is a complete diet for a baby's first several months
- contains antibodies that protects infants from infections
- contains numerous components that promote growth and protect from allergies
- is easily digested
- is the only food made naturally for human infants

The American Academy of Pediatrics praises human milk “as the preferred feeding for all infants including premature and sick newborns. Human milk and breastfeeding of infants provide advantages with regard to general health, growth and development, while significantly decreasing risk for a large number of acute and chronic diseases.”

LACTATION CONSULTANTS...
are healthcare providers recognized as experts in the field of breastfeeding and human lactation. The TMC Lactation Consultants are here to guide and encourage new moms through the joys and challenges of breastfeeding. Join them every Tuesday from 1:00 - 2:30 pm in the Teen Center located on the 6th floor.

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