

**Who:** Infants 0-12 months

**Where:** Children's at Lakeshore

**When:** First and Third Fridays of each month, 12:30PM – 2:30PM  
(Holiday Schedule may vary)

Electrical outlets will be available for breast pumps. Bring your infant only. Childcare will NOT be available for siblings. There is no cost to attend.

**Contact us:**

Have questions about the group?

Children's of Alabama  
Clinical Nutrition and Lactation  
**205-638-6600**

**Email**

Lactation\_Center@childrensal.org

**Web**

childrensal.org/LactationCenter

# Special Needs Breastfeeding Support Group

A development of Children's of Alabama  
Clinical Nutrition and Lactation Department.

## Driving Directions to Children's at Lakeshore

**3600 Ridgeway Drive, Birmingham, AL 35209 • 205.778.5300**

**From I-20/I-59**

Take exit 126A to US 280E/US 31S. Going south on 280/31 keep to the left to stay on US 31S. Follow 31S and take a right onto Old Montgomery Highway. Turn right onto Ridgeway Drive.

**From the North on I-65**

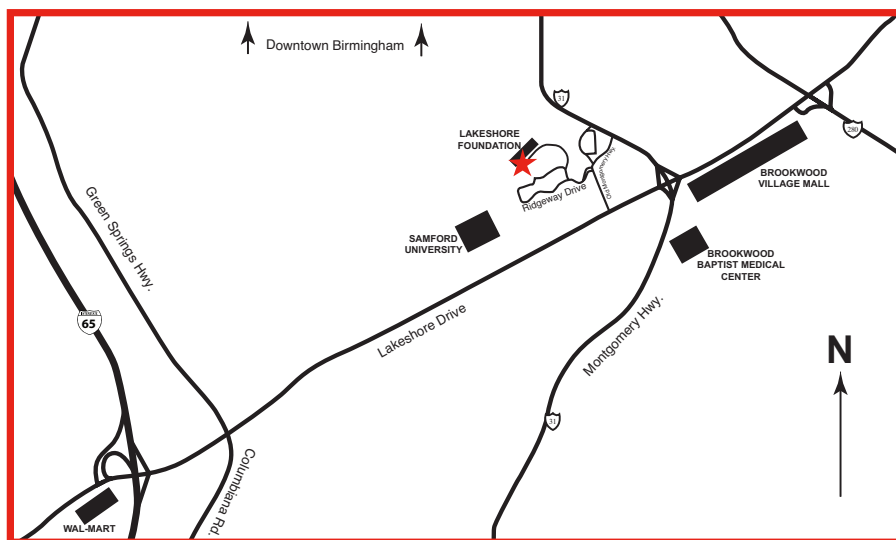
Take exit 255 to Lakeshore Drive. Turn left onto Lakeshore Drive and travel for approximately 2.7 miles. Turn left onto Old Montgomery Hwy and then left onto Ridgeway Drive.

**From the South on I-65**

Take exit 255 to Lakeshore Drive. Turn right onto Lakeshore Drive and travel for approximately 2.7 miles. Turn left onto Old Montgomery Hwy and then left onto Ridgeway Drive.

**From the South on US 280**

From US 280 West exit at Homewood/Mountain Brook/Lakeshore Foundation and take a left at the bottom of the ramp onto Shades Creek Pkwy. Continue for approximately 1.1 miles and turn right onto Old Montgomery Hwy and then turn left onto Ridgeway Drive.



Children's  
of Alabama®

# Breastmilk. more than food.

The decision to provide breastmilk is more than what to feed the baby. It is a loving commitment that provides optimal nutrition to your baby. Any amount of breastmilk, provided in any way, is an amazing opportunity to grow and nurture your baby.

## Pumping is love

Pumping breastmilk can be both a blessing and a challenge. We understand and acknowledge pumping for your baby requires just as much support as nursing at the breast.

## Staff

Each meeting will be staffed with an international Board Certified Lactation Consultant (IBCLC) and a Registered Dietitian (RD)

## Build community

Our goal is to help you meet other mothers who can provide knowledge and support.

- Bring your little ones and/or pumps
- Bring your own equipment
- Engage with your peers
- Share feeding hurdles and triumphs

Children's of Alabama  
wants to support  
lactating mothers.  
ALL lactating mothers.

We understand feeding your baby may not look how you'd imagined. Our goal is to help you feel encouraged and supported throughout your breastfeeding journey.

You're welcome to come by the clinic at your convenience between 12:30 and 2:30 on the first and third Friday of each month, Holiday schedule may vary.



Breastmilk is love turned into medicine.