

Breastfeeding Support Services

Lactation support after you deliver and when you go home

Breastfeeding usually takes some practice for both mother and newborn. The benefits of breastfeeding include fewer allergies for the baby, as well as fewer gastrointestinal tract diseases, fewer respiratory tract diseases, less inflammation of the ear and lower chance of childhood obesity. Our nurses are experts in the care and feeding of babies and can answer your questions and assist you while you are in the hospital. If necessary, they can also refer you to our lactation consultants. Our consultants offer free weekly support groups and also run an Outpatient Lactation Clinic (more information below).

Call: [617-243-6314](tel:617-243-6314) for resources on:

- Breast milk
- Breast pain
- Breast pumps
- Breastfeeding positions and latch-on
- Feeding frequency

Virtual Breastfeeding Support Group

Tuesdays 2-3 p.m.

Our breastfeeding support group led by a Lactation Consultant at Newton-Wellesley Hospital. This is a free, virtual group for mothers who have questions about nursing their baby and are looking for mom-to-mom support.

- This group meets on Tuesdays from 2-3 p.m.
- Zoom information: Meeting ID 994-8723-8422 Passcode 129721
- Individual consultations are not offered as part of the group.

In-Person Breastfeeding Support Group

Thursdays 2-3 p.m.

- Our in-person breastfeeding support group is led by a Lactation Consultant.
- The group meets at the NWH Ambulatory Care Center, 159 Wells Avenue in Newton. 1st floor conference room.
- This is a free group for mothers who have questions about nursing their baby and are looking for mom-to-mom support. Please note, individual consultations are not offered as part of the group.

Outpatient Lactation Clinic

Individual Breastfeeding Assistance

- Call [617-243-6314](tel:617-243-6314) to schedule an individual appointment with an International Board-Certified Lactation Consultant.
- Clinic visits are often covered by insurance.
- The clinic is located on the 5th floor of the Hospital.

Mamava Nursing Pod

The Lactation team is excited to announce the arrival of our custom-made Mamava nursing pod, which provides moms with a clean, bright and private area for pumping milk and/or breastfeeding their babies—whether they are visiting Newton-Wellesley Hospital or are simply nearby and in need of a private place to feed or pump. The pod illustrates our commitment to finding a better way to support and protect breastfeeding moms and babies, while continuing to better serve the needs of our community.

We are the first hospital in MetroWest to install an accessible nursing pod, and we are thrilled to offer this wonderful option to all mothers in the area—in addition to the lactation support we already provide.

The Mamava pod located in our East Lobby and is private and secure. The pod is free of charge and available 24/7. The pod has two separate seating areas, each equipped with an electrical outlet for pumping. To unlock the pod, mothers can [download the free Mamava smartphone app](#). If they are unable to download the app, they can ask our East Lobby Registration team to call the Lactation team at ext. 6314.

