

Here to care for you and your little one!

We offer breastfeeding
support for mothers and babies
at Texas Children's Pediatrics Heights



All About Pumping class *(fee applies)*



This interactive session will help breastfeeding mothers with everything they need to know about pumping, including:

- How to choose the right breast pump for your needs
- How to clean and care for your pump
- When and how to start pumping
- How to establish a pumping routine
- How to store breast milk
- Feeding pumped breast milk
- How to prepare for returning to work or school

Schedule a visit with a Lactation Consultant *(fee applies)*

Texas Children's Pediatrics Heights | 713-869-1692
2200 Yale St., Suite 120, Houston, TX 77008

Private consultations are available, in-person at the Texas Children's Pediatrics Heights practice. During your visit, a Registered Nurse (RN) and International Board Certified Lactation Consultant (IBCLC) will provide individualized care for you and your baby. We can help you with positioning your baby, solving latch issues, resolving breastfeeding pain, addressing concerns about milk supply, pumping, prenatal consultations and much more.

Breastfeeding Friends virtual group

This free, weekly breastfeeding mothers' group is virtual and led by a lactation consultant. Each week covers rotating topics like milk supply, pumping and returning to work. Join to share your experience and hear from other mothers experiencing life with a new baby. Meetings are held virtually every Friday and can be joined from the comfort of your own home.

Register online at women.texaschildrens.org/classes



**Texas Children's
Pediatrics**