



Sunrise Women's Healthcare

4540 East Baseline Road – Suite 114
Mesa, Arizona 85206

When to Call for Help

If you have concerns about your baby's feedings please notify your newborn's physician or a lactation consultant.

Baby

- ❖ Baby has difficulty latching to the breast or refuses to nurse
- ❖ Baby has fewer than 5 wet diapers and/or 2-3 stools in 24 hours (after the 4th day of life)
- ❖ Baby is very sleepy and difficult to wake for feedings
- ❖ Baby is extremely fussy after feedings and acts hungry (crying, sucking on fingers)

Mother

- ❖ Breasts are painful and hard to the touch
- ❖ Redness or streaking on the breasts, with fever or flu-like symptoms
- ❖ Sore, cracked or bleeding nipples
- ❖ Pain when breastfeeding

Resources available for breastfeeding

AZ WIC Services

Breastfeeding Peer Counselor Program 602-506-9336

East Mesa – 480-984-1068; East Mesa – 480-833-0334

Banner Health Resource Line

602-230-CARE

AZ Dept of Health Services

1-800-833-4642

Websites:

www.Medela.com

www.Hollister.com

Private Practice Lactation Consultants (Call for fee schedule)

Debbie Gillespie, ISCLC
480-786-0431

Doris Christenson, IBCLC
480-833-2262

Tina Wright
480-890-1571

Pump Rental and Supplies

Banner Gateway Medical Center
480-543-2000

Baby, Mother and More
480-890-1870

Anything for Baby
480-515-9783