



Hackensack  
Meridian *Health*  
Riverview Medical Center



## Lactation Services

### The Childbirth Center at Riverview Medical Center

#### Expect to Connect

Becoming a parent is exciting, but can also be overwhelming. We know there's a lot more to having a baby than the delivery, which is why we offer complimentary services like instruction and education classes even after you have returned home.

#### Contact Information

For more information about the Childbirth Center and our pre and post-partum classes, please visit [RiverviewMedicalCenter.com](http://RiverviewMedicalCenter.com).

To register for a class before your delivery, call 1-800-560-9990.

The American Academy of Pediatrics strongly recommends exclusive breastfeeding for at least six months to reduce the risk for sudden infant death syndrome (SIDS), ear infections, respiratory illnesses, and diarrhea. Breastfeeding is a personal choice and you should discuss your plans and preferences with your doctor.

If you are interested in breastfeeding, Hackensack Meridian *Health* Riverview Medical Center has a lactation consultant available to help you learn and to visit with you privately while you are with us. Additionally, all of our nurses are experienced in assisting moms and their babies.

For additional support, we offer a class prior to your delivery called *Nursing Your Newborn*, as well as support after your stay.

For more information about lactation services or if you have any questions, please contact:

**Michelle Launi, RN, RNC-NIC, IBCLC**  
**Lactation Consultant at 732-450-2738** or  
[Michelle.Launi@Hackensackmeridian.org](mailto:Michelle.Launi@Hackensackmeridian.org)