



# THE CHILDBIRTH CENTER

At Riverview Medical Center  
Lactation Services



Hackensack Meridian  
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.

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 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, please contact:

Michelle Launi, RN, RNC-NIC, IBCLC,  
Lactation Consultant

732-450-2738 or [Michelle.Launi@hmhn.org](mailto:Michelle.Launi@hmhn.org)

For more information, contact the Childbirth Center at 732-530-2315 or visit

[RiverviewMedicalCenter.com/Childbirth](http://RiverviewMedicalCenter.com/Childbirth)