Breastfeeding is a natural function, but it isn't always easy. Call on our International Board Certified Lactation Consultant (IBCLC) to guide you through the breastfeeding process, both in the hospital and when you're at home.

Breastfeeding Education during 
J.C. Blair Prenatal Classes
• Learn the breastfeeding basics
• Practice proper positioning and latch techniques using baby models
• Prenatal Class Cost: $25, unless expectant mother is a Healthy Beginnings program participant
• Call (814) 643-8839 to register

Free lactation services to all new moms at J.C. Blair:

In-Hospital Visitations
• Two visits by lactation consultant during hospital stay
• Observation of breastfeeding session to improve positioning and latching
• One-on-one support to answer the question “Am I doing this right?”

Follow Ups and Home Visits
• Follow up phone call(s) after discharge
• May schedule additional one-on-one and home visits if needed

For more information, call:
International Board Certified Lactation Consultant
Stephanie Weaver, BS, IBCLC, RLC
(814) 643-4491 or stephanieibclc@verizon.net
J.C. Blair Maternity Department
(814) 643-8531

JCB Blair MEMORIAL HOSPITAL
www.jcblair.org