



Huron Valley-Sinai Hospital
Detroit Medical Center / Wayne State University

Helpful Information for the Breastfeeding Family

from your Nurses at Huron Valley Sinai Hospital

Breastfeeding may be "natural" but it may not be easy. Many mothers are surprised when they and their babies don't seem to know what to do. We did not learn to walk in a day. Similarly, each mother and infant "learn" to breastfeed over time. Patience and lots of practice improves success. Please use this booklet to learn and review basic information about breastfeeding. Please contact your Baby's Doctor and use the additional resources listed below regarding any questions you may have about breastfeeding.

Resource numbers:

Breastfeeding Warmline: 248-937-5828

Harris Birthing Center: 248-937-3470

Pediatric Unit: 248-937-3620

Continued Care Nursery: 248-937-5090

Electric Breast Pump Rental (Medela), Lactation Consultants
1-800-TELL-YOU - HVSH Rental 1-248-937-4180

LaLeche League Support Groups: 1-800-LA-LECHE

Or call (313) 438-1015 for group if not listed below.

AnnArbor: (734) 332-9080

Commerce/Waterford: (248) 333-7590

Farmington Hills/Walled Lake: (734) 421-0151
(248) 586-0428 (248) 685-9583

Livingston County: (810) 225-3125 or (810) 229-5078

Livonia (734) 266-0632

Plymouth-Canton (734) 414-0439 (734) 397-0197
(734) 420-8960 (734) 207-0222

North Macomb: (248) 680-1753 or (810) 263-7910

South Macomb: (313) 821-9196 or (810) 774-8064

Oakland County Health Department: Home visits, WIC

Walled Lake: (248)926-3300 Southfield: (248)424-7000

Pontiac: (248) 858-1348

Information about toxins, chemicals, medications: 1-877-526-4847

Baby's Doctor: _____ (Write in number)

Breast care products
and rental
HVSH 248-937-4180
Karmanos Clinic

Oakland County
Community Health
Breastfeeding
Class for
Mom and Baby
248-858-4003