

Did you know that Fenway Health offers lactation services?

Nursing gives your baby all the nutrients needed for healthy development and growth, but we understand that it can sometimes be an overwhelming experience.

That's why Certified Lactation Counselors are here to help parents and their babies. They are specially trained and knowledgeable about issues related to nursing. They can help with basic concerns, positioning and latching difficulties, or other questions that may arise during nursing.



Potential benefits for your baby:

- Protection from allergies and common infections (such as ear infections, gastroenteritis, respiratory infections)
- May help protect your baby from long-term health problems including obesity, heart disease, and some types of cancer

Potential benefits for you:

- Lower risk of breast and ovarian cancer, diabetes, blood pressure and obesity
- Lower risk of post-partum depression

If you have any questions about our services, ask your provider or call **617.927.6254**.