

## Hamilton Hollis, APRN, CPNP, CLC

Hamilton began her career as a registered nurse in 2012, gaining extensive experience in labor and delivery, newborn, postpartum and pediatric care. She has always been passionate about breastfeeding, helping educate new mothers on its



benefits while caring for newborns. Her commitment and dedication to helping mothers and their babies be successful in breastfeeding inspired Hamilton to become a certified lactation counselor at Lexington Pediatric Practice.

## Stormy Walker, APRN, CPNP, CLC

Stormy worked for 10 years as a nurse in the Special Care Nursery at Lexington Medical Center before becoming a pediatric nurse practitioner. She joined Lexington Pediatric Practice in 2019, and her commitment to helping mothers breastfeed led her



to become a certified lactation counselor. Stormy enjoys educating new families and helping them learn to care for their newest members.



### Schedule an Appointment

Monday – Friday, 8:00 a.m. to 4:30 p.m.

103 Thompson Street, Suite 100  
Lexington, SC 29072

Phone: (803) 359-8855 • Fax: (803) 359-1257

3240 Sunset Boulevard  
West Columbia, SC 29169

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[LexPediatricPractice.com](http://LexPediatricPractice.com)



# Lactation Services



**T**he American Academy of Pediatrics recommends breastfeeding as the only source of nutrition for your baby for the first six months of his or her life, followed by continued breastfeeding as you introduce complimentary foods during the first year.

## Why is Breastfeeding Important?

Lexington Pediatric Practice wants to help improve the health of infants and their mothers by promoting and supporting breastfeeding. While we support every mother in how she chooses to feed her baby, we encourage them to know the benefits of breastfeeding before making this important decision.



### Benefits for Baby

- Reduces risk of sudden infant death syndrome, ear infections and respiratory infections
- Digests easier
- Enhances brain development
- Reduces risk of becoming overweight or developing diabetes

### Benefits for Mother

- Promotes weight loss (burns up to 500 cal/day)
- Saves time and money
- Decreases the risk of postpartum depression
- Decreases the risk of diabetes, high blood pressure and heart disease
- Reduces the risk of breast and ovarian cancer

For some women, however, learning to breastfeed can be frustrating and uncomfortable. It may seem more difficult if the baby was born early or the mother has certain health problems. The good news is that breastfeeding does get easier.

## Lactation Services

Lexington Pediatric Practice offers lactation services to support breastfeeding mothers. These services can help if:

- you require additional breastfeeding support and reassurance.
- your baby is not attaching to the breast.
- you have sore or damaged nipples.
- you have blocked ducts.
- you have concerns about milk supply.
- you have concerns about your baby's growth.
- you have trouble expressing and storing milk.
- your baby cries excessively.
- you're breastfeeding a baby who has other challenges, such as prematurity.

## How to Prepare for a Lactation Visit

- Avoid feeding baby at least one hour prior to appointment.
- Bring any feeding logs you have used.
- If you exclusively pump, bring your breast pump and any supplies you may need to pump during the appointment.
- Bring your nipple shield if you have been using one.
- Write down any questions.
- Expect the appointment to last at least 60 minutes.