Here's How We Can Help

We're here for you! Healthy Start offers classes & lactation support to all moms in Indian River County.

Healthy Start
Indian River County
Healthy Start Coalition, Inc.

To be connected with lactation support, please call **(772) 789-8849** or **(772) 789-8686**

The First 48 Hours and Breastfeeding

As you prepare for your new arrival rest assured you will receive support! You will receive a visit from our lactation team, made up of Certified Lactation Counselors (CLC) and International Board Certified Lactation Consultants (IBCLC), stationed at the hospital. Our goal is to see 100% of moms who deliver at Cleveland Clinic Indian River Hospital. If you have any trouble breastfeeding during your hospital stay ask your nurse to call Healthy Start Lactation Counselors into the room. We look forward to serving you when the big day comes!

If you are delivering at another hospital, birthing center, or elsewhere and are a resident of Indian River County, we are still here to help! Call our lactation team at: **(772) 789-8849 or (772) 789-8686.**

Before Baby Arrives

Learn from one of our Certified Lactation Consultants about the ins and outs of breastfeeding in our monthly Childbirth Education class. Educate and empower yourself as parents-to-be and even practice with some baby dolls! Already delivered baby?. Join us and share your wisdom and story!

"This class was very informative and extremely valuable." – Happy Momma

Continuing Your Breastfeeding Journey

Expect a phone call from our lactation team once you get home from Cleveland Clinic Indian River Hospital. If you delivered elsewhere, don't hesitate to call us at (772) 789-8849 or (772) 789-8686. Breastfeeding takes work and patience! Call us at any time in your breastfeeding journey, whether baby is 2 days old or 6 months old, we are here to listen and offer support.

In-Home Lactation Support

Is the baby having trouble latching? Are you experiencing pain when breastfeeding? Do you want one-on-one breastfeeding guidance from a Certified Lactation Counselor in the comfort of your home?

Call us at
772-532-6083.

Healthy Start
Indian River County
Healthy Start Coalition, Inc.

Supporting families.
Building healthy futures.