

KINDNESS is open to ALL families with infants under 18 months old, at no cost. KINDNESS helps everyone: both breastfeeding and formula feeding families.



Our staff:

- a **Registered Dietitian** (with specialty certificates in pediatric nutrition and lactation)
- **two Lactation Educators**
- **trained Peer Counselors and Volunteers**
- **Tagalog and Spanish services**



With your consent, we will contact you at key times in the first 18 months of your baby's life, with current information and support on nutrition and feeding.

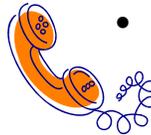
How it works

After your baby is born at PKIMC, a KINDNESS team member will invite you to participate. We will explain the program, ask for your signed consent, and ask you a few questions about your pregnancy and your delivery.

There is no cost to participate, and you may stop participating at any time.

After you register, we call you at certain times to see how you and your baby are doing:

- 2-3 days
- 1 week
- 2 weeks
- 6 weeks
- 3 months
- 6 months
- 9 months
- 12 months
- 18 months



We offer up-to-date information on breastfeeding, formula, bottle feeding, and all the basics about infant nutrition.

You can attend a free Infant Nutrition workshop when your baby is ready, to learn how to get your baby started right on solid foods.

We also offer loans of high-quality Medela breast pumps, free home visits, and baby weight checks with our portable infant scales.



We are available 7 days a week at

539-2660

to answer any questions you may have about feeding your baby. If we can't answer your questions, we will refer you to someone who can.

Finally, through this project, we hope to collect important information about what helps families to feed their infants in the best possible way.

For more
information,
please call
539-2660

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**Infant Nutrition
and Breastfeeding
Support
539-2660**