IDA-TALLINNA KESKHAIGLA

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Breastfeeding counseling

You are welcome to visit us for breastfeeding consulting with all questions related to breastfeeding.

Breastmilk is the best gift a mother can give to her child in the beginning of their life. In addition to the most fitting nutrition, breastfeeding offers the child a loving and secure connection with the mother, creating the first model for human relations. Nursing and cooperation works out just fine for some mothers and children, but for all this may not be the case. Acting wisely, the problem can be overcome – our breastfeeding consultants want to help you with such problems.

You are welcome to address us with any questions – conditions of the breast, painfulness, a child's behaviour during feeding, questions relating to weight, age-appropriate additional food, weaning etc.

The midwives and counsellors offering their services have all been specially trained. Three counsellors also hold the IBLCE (International Board Certified Lactation Consultant) certification.

The doctors and midwives at East Tallinn Central Hospital are also represented at the Estonian committee to promote breastfeeding at the Ministry of Social Affairs.

Breastfeeding counselling is free and we speak Estonian, Russian and English.

Breastfeeding counselling is provided by appointment on weekdays:

Ravi st. unit (Ravi 18)

- On the ground floor of the maternity hospital, room 128
- Counselling via phone 620 7453 and 53041783

Magdaleena unit (Pärnu mnt 104)

- On the ground floor, room 120
- Counselling via phone 6067849 and 58601570

Järve st. unit (Energia 8):

- On the ground floor, room 18
- Counselling via phone 606 7606 and 58162525

Appointments can be booked:

- Health Portal
- by phone 666 1900 **Mon-Fri 7:30-18:00**
- at the reception