



Dear Mom-to-be,

Congratulations on your pregnancy and welcome to Myrtue Medical Center. My name is Cara Cacy, and I am the lactation consultant here at the Birthing Center. This means I am here to help provide you:

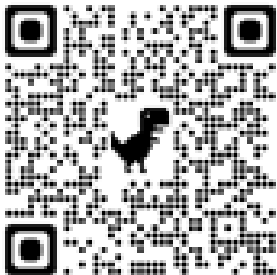
- Lactation/breastfeeding support
- Pregnancy education
- Car seat safety checks for your newborn

I also offer lactation assessment, support, and education during pregnancy, while in the hospital, and follow-up with you and baby after you go home.

I am very passionate about pregnancy, birth, and breastfeeding. I enjoy all aspects of lactation; prenatal education, assisting with a newborn's first feeding, and assessing a less-than-ideal breastfeeding situation and helping find the cause and/or solution. There is a vast amount of science that supports the nature of the mother/infant bond and the health benefits of breastfeeding for mom and baby. I want to share this knowledge and experience with you as you progress in your pregnancy and as you learn about your baby and breastfeeding in the early days and weeks.

I look forward to meeting you and helping you meet your personal pregnancy, birth, and breastfeeding goals. If you would like to set up a time to meet prenatally or after baby is born, please call or email. I'm happy to discuss any questions or concerns you may have.

Check out our website for tips, resources, videos, and other helpful breastfeeding websites/links. Scan QR code to access Myrtue's breastfeeding information:



Cara Cacy, RN, IBCLC
Lactation Consultant
Car Seat Tech
Childbirth Instructor
ccacy@myrtuemedical.org
712-755-4482

