

SYLVIA BOYD

For the past 40 years, Sylvia Boyd has been teaching childbirth classes privately and in local hospitals in the East Bay, touching the lives of well over 6,000 babies so far. Since attaining her Physical Therapy degree from UC San Francisco, she has continued to expand her credentials as a Lamaze instructor and lactation consultant.

Sylvia has a passion for helping parents prepare for an active role in the birth of their baby. For optimal health and well-being, Sylvia also teaches mothers the skills for enjoying the nurturing of their infant at the breast. She has the special education, tools and training needed to assist mothers and babies with problems that sometimes arise. Her pragmatic and empowering approach to birthing and breast-feeding, get new families off to a healthy start!



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"What you did for me is really priceless and I am so thankful that there are people like you out there helping mommies like myself."

*Gratefully yours,
Glenara and baby Brandon*

"Thank you for the effective techniques learned from your class during my labor! These exercises helped the process immensely."

*Cheers,
Amica*

"Sylvia helped me with each of my three children. She is knowledgeable and compassionate in her desire to help women grow healthy, strong, and beautiful babies."

Susan RN, BSN - Labor & Delivery Nurse

Sylvia has an office in south Hayward where she works with moms and babies giving individual breastfeeding help. Appointments may be available on short notice, holidays, or weekends. Call to set up a consultation. **510.538.3679**

- Physical Therapist
- International Board Certified Lactation Consultant
- Lamaze Certified Childbirth Educator

Sylvia Boyd, PT, IBCLC, LCCE

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Hayward, CA 94544
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or 510.881.5348

www.mybreastfeeding.com

Better Birth and Breastfeeding Solutions



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BIRTHING CHOICES

Lamaze education enables couples to become confident adults, courageous to choose normal birth.

- Know your choices in labor, delivery and breastfeeding
- Learn special skills and positions to increase your comfort
- Practice techniques that minimize pain
- Gain knowledge of positions that enhance the baby's comfort, too
- Discover how birth impacts the baby's alertness and abilities
- Explore birthing positions
- Realize the body's natural ability to cope

Sylvia Boyd teaches Lamaze classes for expectant parents at:

St. Rose Hospital in Hayward on Wednesdays for 6 weeks: 7:00 to 9 p.m. To register, call their Community Education Department at **510.264.4068**. Classes are free if you deliver at St. Rose or \$95 if delivering elsewhere.

Private Classes can also be arranged to fit the hours that work best for your family, either during the day, evenings, or weekends. Classes are often available even on short notice. And Sylvia can tailor the class to cover what you would like the most help with. Call today to schedule your private Lamaze sessions with Sylvia. **510.338.3679**.

BREASTFEEDING

Physical therapist Sylvia Boyd uses her therapy training to help babies latch successfully and nurse efficiently. Sylvia specializes in helping babies who can't latch, can't nurse both breasts, or cause the mother pain when nursing.

- Help with baby weight loss or weight gain, inconsolable crying, biting or jaundice
- Help with cracked and bleeding nipples, breast lumps, painful nursing, or milk supply issues
- Help with yeast and thrush
- Introducing ways to incorporate breastfeeding into your return to work
- Hospital-grade breast pumps and replacement parts available for rent or purchase
- Breastfeeding accessories available

For urgently needed breastfeeding help, she will often work in an appointment to meet the need. Call her at **510.881.5348**.

Check with your health insurance to see if lactation consultations are a part of your coverage. Mothers who are insured through the Alameda Alliance for Health have very generous allowances for breastfeeding consultations from covered providers like Sylvia.

PARENTING SUPPORT

On one or two Friday mornings a month, Sylvia leads a **free "Mommy and Me" support group** for moms and babies. She covers such topics as breastfeeding, crying, and sleeping issues. She also provides help for moms returning to work.

Plus, every 2nd Thursday from 7-9pm, she has a **free Breastfeeding Basics Class**.

Both are held at St. Rose Hospital in Hayward. For more details, call the hospital at **510.264.4068** or visit Sylvia's website at www.mybreastfeeding.com and simply go to her Services page.

BREAST PUMPS AND MORE

Pumps for Rent:

- Lact-E pump by Ameda
- EnDeare pump by Hygiea

Pumps for Sale:

- EnJoye™ pump by Hygiea
- Purely Yours pump by Ameda
- Manual pumps

More:

- Kits and parts for Hygiea and Ameda pumps and even those hard-to-find parts for Medela pumps
- Physical therapy exercise ball
- Magnetic massager (comfort during pregnancy – for both Mom and Dad)