

**Jackie Fehr**  
**Kaiser Permanente Colorado member**

My occupation is a firefighter. I work for Denver Fire. I'm a lieutenant and I've been on for 10 years.

My favorite thing about my job is just the unpredictability. Every day is different...I also like the service. I've always wanted to do something where I serve the community, and when I found this profession, it just melded those two.

I have a unique experience working with Kaiser Permanente because not only are they my personal health care provider, but they also work very closely hand in hand with our Denver Fire Department. So, they've been taking care of the first responders and my brothers and sisters, but also my personal family as well.

I was connected to the lactation group here at Kaiser Permanente...I was having some really bad days and needed some extra help.

**Mojgan Golgoon, RN**  
**International Board-Certified Lactation Consultant**  
**Kaiser Permanente Englewood Medical Offices**

Although breastfeeding is a natural thing and it's supposed to be a natural thing, but it's actually very difficult.

My own struggle with breastfeeding my kids is what first you draw me to go for this profession.

Kaiser Permanente is unique in that way that the lactation support is embedded with their benefits, and that is also embedded with primary care...The moms do not need a referral to come to the Mother's Milk group...it's free of charge at every single visit.

We have a one-hour class moms and babies come here. We first have them, the babies get undressed, and we weigh them and then moms start breastfeeding and then we weigh the baby....to see how much milk they transfer. All that information is entered into their Kaiser Permanente medical record. So that way all the other providers have access to that.

And then we start a discussion for each one of them, how's your breastfeeding going? Do you have any concerns?

**Jackie Fehr**

From the moment you walk into her group, she makes you feel welcome, and she makes you feel like you've been there all along.

You just have this person who's loving on your baby, who's obviously your love as well, and then she'll get on your level and just say, how are you doing? And what can I help you with?

## **Mojgan Golgoon**

When we all heard that she's a firefighter and the shifts that she had...48 hours shifts and when did she pump? How could she pump? And she still did it.

## **Jackie Fehr**

I learned from Mojgan everything from the technical skills of just how to hold your baby and how to work with your ergonomics and your body and your baby and how you guys move together and what makes you guys connect. And then I also just learned patience.

I think you come trying to get help with lactation or wherever you are in your motherhood journey, but really you leave with the things you didn't even know you needed, which was just connecting with somebody next to you and finding somebody that's going through the same thing.

## **Mojgan Golgoon**

The conversation that the moms have together is also very valuable because they share their own experiences, and they learn a lot from each other.

## **Jackie Fehr**

Just to have that person tell you what you're doing is amazing and you're doing a great job, just keeps you going, keeps you being the good mom that you are.