

The Pennsylvania Resource Organization For Lactation Consultants

2019

Philadelphia Region: Breastfeeding Resource Directory

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2019 PRO-LC Breastfeeding Resource Directory

Send corrections to: president@prolc.org

*Thanks to Kay Hoover M.Ed., IBCLC, FILCA who continues to serve our community with love.
Thanks to members of the Philadelphia Region Breastfeeding Community who keep this directory current; including Colette Acker IBCLC, Rachel Gazda CD, IBCLC, Katja Pigur CLC, Denise Sobelewski CLC and Georgette Bartell, IBCLC.*

Breastfeeding Report Card 2018
Centers for Disease Control & Prevention
<https://www.cdc.gov/breastfeeding/pdf/2018breastfeedingreportcard.pdf>

	<u>U.S.</u>	<u>Pennsylvania</u>
Initiation %	81.1	83.8%
Breastfeeding at 6 Months %	51.8	59.2%
Breastfeeding at 12 months %	30.7	39.0%
Exclusive Breastfeeding % at 3 Months	44.4	48.9%
Exclusive Breastfeeding % through 6 Months	22.3	25.6%

Breastfed infants supplemented with formula: before 2 days: 17.2%

Philadelphia Birthing Hospital Breastfeeding Initiation Rates 2016

Source: Pennsylvania Department of Health, Bureau of Family Health, Breastfeeding Awareness Program: "The information below is obtained from the question "Is infant being breastfed?" as reported on the Certificate of Live Birth."

https://www.health.pa.gov/topics/Documents/Programs/Infant%20and%20Children%20Health/5-18_Website%20Breastfeeding%20by%20Hospital%202016_BFH.pdf

2016 average Initiation in Philadelphia Hospitals: 80.1%

PA Hospital of the University of Pennsylvania Health System: 100%
Hospital of the University of Pennsylvania 83%
Temple University Hospital: 63%
Albert Einstein Medical Center: 64%
Hahnemann University Hospital: 82%
Thomas Jefferson University Hospital: 74%
Children's Hospital of Philadelphia 99% (personal communication Diane Spatz PhD, FANN, RN)

mPINC scores for Pennsylvania and Philadelphia

Source: Breastfeeding Report Card 2016 <https://www.cdc.gov/breastfeeding/data/reportcard.htm>
Scores based on a scale of 0 to 100.

	2013	2015
Pennsylvania mPINC score	74	76
Philadelphia mPINC score	76	78

Chapter 2 -WIC Services and Offices

WIC = Women, Infants & Children Program
<http://www.northwic.org>
Main office: (215) 978-6100

<http://www.facebook.com/PhiladelphiaWICProgram>

<https://twitter.com/PhiladelphiaWIC>

Any mother interested in breastfeeding may be referred to a WIC office if she is pregnant or has children under 5 years old. WIC enrollment is based on the entire income in the household and the number of people in the family. Middle-income and poor families may be eligible.

WIC encourages breastfeeding women to breastfeed for at least one year, with the gradual introduction of iron-rich complementary foods start about 6 months and to continue for as long as mother and baby find the relationship mutually rewarding. Women who breastfeed exclusively are given a food package (for them and their baby) that is worth nearly \$2,000 in the 1st year.

Pennsylvania mandates that a new mom has only 2 options when she is certified into the program during her infant's first month:

- 1) Exclusive Breastfeeding
- 2) Non-breastfeeding. Her baby must be 1 month old to be certified as a Partially Breastfeeding mom.

Peer Counselors are available at various locations throughout the year to provide breastfeeding support.

To find your local WIC site and telephone number, go to www.northwic.org/locations.

Call ahead to check when the counselor is available.

Once the mother is enrolled in WIC, she may be referred to Lisa Volpe CLC at (215) 978 6100, x 22, for a breast pump.

Multi-user, hospital-grade pumps are available to a mother whose infant is in a Philadelphia hospital for a prolonged period. She must provide identification for herself and her baby and place a \$25 deposit, \$20 of which is refunded upon pump return.

Double-sided electric pumps are given to women who work and/or attend school if they are active in the WIC program and are not receiving any formula. The mother must provide identification for herself, proof of her baby's birth, and a note from her employer or school counselor.

Coordinator and Manager of the WIC breastfeeding program: Denise Sobolewski CLC
dsobolewski@northwic.org

Electric breast pump rental available by calling Lisa Volpe: cell phone (215) 913-9199
(This service is for infants hospitalized in a Philadelphia hospital whose mothers are committed to breastfeeding.)

WIC of Pennsylvania

Since a statewide breastfeeding coordinator has not yet been named, please direct inquiries to:

Shirley H. Sword, MS, RD, LDN
Bureau of Women, Infants & Children (WIC)
Pennsylvania Department of Health
625 Forster Street
Health & Welfare Building, 7th Floor West
Harrisburg, PA 17120-0701
Phone: 717.783.1289
ssword@pa.gov

If a mother receives a pump of lesser quality than prescribed: If a woman is having an issue with a pump that was prescribed, she can review her notice of decision and file an appeal and/or call the member services representative at her Medical Assistance Managed Care Organization to discuss with them.

Every WIC participant over the age of 1 receives a one-time \$20.00 to use during the season (June 1-Nov 30) at participating Farmer's Markets throughout the city.

Philadelphia area WIC Offices

Aramingo

2401 E. Tioga Avenue A-4
Philadelphia, PA 19134
(215) 533-9597, 9598

Germantown

301 East Cheltenham Avenue, Suite 102
Philadelphia, PA 19144
(215) 248-1500, 1501

Mobile WIC Office

1300 West Lehigh Ave., Suite 104
Philadelphia, PA 19132
1-800-743-3300

North Philadelphia WIC Office

1300 West Lehigh Ave., Suite 104
Philadelphia, PA 19132
1-800-743-3300

Northeast

7959 Bustleton Avenue
Philadelphia, PA 19152
(215) 745-7251, 7252

Olney/Logan

5751 N. Broad Street
Philadelphia, PA 19141
(215) 927-1950

Overbrook

Overbrook Plaza store #1400
5610 Lancaster Avenue #1400
Philadelphia, PA 19131
Phone: (215) 477-3360, 3364

St. Chris WIC Office

160 East Erie Avenue
Philadelphia, PA 19144
(215)-427-6973

South Philadelphia

1165 S. Broad Street
Philadelphia, PA 19146
(215) 463-5571, 5579

Woodland

1739 S. 54th Street
Philadelphia, PA 19143
(215) 726-1142, 1143

Philadelphia WIC Breastfeeding Appreciation Fairs

Regularly occurring events: WIC now offers approximately one Breastfeeding Appreciation Fair each month to celebrate breastfeeding moms/families and those choosing to breastfeed. Call your local WIC office for details."

Chapter 3 - Breastfeeding Support Organizations

- a. Local, State and National
 - b. Support Groups by county and zip code
 - c. On-line
-

Volunteer, trained breastfeeding counselors provide encouragement and practical suggestions of a non-medical nature via telephone. Free monthly mothers' meetings.

Local, State and National Organizations

BRC Community Counselors

Serve Bucks, Montgomery and Philadelphia counties.

Warmline: 215-572-8044

<https://breastfeedingresourcecenter.org/brc-community-counselors/>

La Leche League (LLL)

(570) 388-2664

Karen Shaw

Falls, PA 18615

www.llofeasternpa.org

acl@llofeasternpa.org

<http://www.llli.org>

Greater Philadelphia HELPLINE: (610) 666-0359 (9a to 9p)

LLLI Breastfeeding Helpline-US: 877-4-LA-LECHE (877-452-5324)

North Penn Nursing Mothers (NP) (Serve Harleysville and Lansdale, PA)

Hatfield, PA 19440 (610) 584-4013 Marilyn Boone

www.northpennnursingmothers.org

<https://www.facebook.com/NorthPennNursingMothers/>

Nursing Mothers' Alliance (NMA) (Serves Philadelphia Western Suburbs)

24/7 Warmline: (610) 251-9405

<http://www.NursingMothersAlliance.org> nursingmothersalliance@yahoo.com

https://www.facebook.com/pg/nursingmothers/about/?ref=page_internal

Pennsylvania Department of Health

Pennsylvania Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229; Monday through Friday from 8:30 a.m. to 5 p.m.

Trained personnel make referrals to local resources, and answer questions about breastfeeding.

Send updates to Pennsylvania Breastfeeding Resource Guide to:

Joseph Wagner | Public Health Program Administrator

Department of Health | Bureau of Family Health

Division of Newborn Screening and Genetics

josewagner@pa.gov

<https://www.health.pa.gov/topics/Documents/Programs/Infant%20and%20Children%20Health/Breastfeeding%20Referral%20Guide.pdf>

National Women's Health and Breastfeeding Helpline 1-800-994-9662 (TDD 1-888-220-5446)

LLLI-Trained peer counselors answer 9am - 6pm EST Mon.- Fri. (English and Spanish)

Mothers' Support Groups by County and Zip Code Philadelphia County

Albert Einstein Medical Center

Mothers support group meetings: every Tuesday 10am to noon
Paley Building, 3rd floor, Centering Room

Breastfeeding Awareness and Empowerment (BAE)

Twice a month: 1/18, 2/1, 2/16, 3/1, 3/23, 4/12, 4/26,

Blackwell Regional Library

125 South 52nd Street, Philadelphia 19139

Contacts: Dr. Meg Kawan kawanmb@email.chop.edu

Jabina Coleman MSW, IBCLC Jabina.Coleman@gmail.com

LLL of Eastern PA <http://www.llofeasternpa.org>
Philadelphia area Helpline: 610-666-0359 llofphilly@gmail.com

Ali's Wagon www.aliswagon.com
2017 Fairmont Ave, Phila, PA 19130 215-787-0611 info@aliswagon.com
\$15/session Diane Lawley RN, CLC Weekly on Wednesdays 11:30 am

Center City Philadelphia LLL
19102-8, 12-13, 19121-23, 19130-1, 19139, 19143, 19145-48, 19151, 19153
www.llofeasternpa.org/web/PhiladelphiaPA.html
(215) 226-4884 Marlene Gawarkiewicz mjgawark@gmail.com
(856) 727-5042 Lisa Cohen lisa@blissedoutmamas.com

Center City Pediatrics
1740 South Street, Phila PA 19146 (215) 735-5600
\$20/person *Registration required at <http://www.centercitypediatrics.com/breastfeeding/>

Hahneman Hospital (ONLY for those who have delivered at Hahnemann)
2nd Saturday of the month 12:20 pm to 2 pm Room 740 North Tower.
No need to register.
Warmline (215)-762-3908

Hospital of the University of Pennsylvania
Warmline: (215) 662-2361
First and Third Thursday of the month 12-2pm FREE for all mothers
Family Caregiver Center, Ravdin 1 Mezzanine

Karabots Pediatric Care Center, Children's Hospital of Philadelphia
(267) 425-9800
2nd and 4th Monday evenings of the month, 6-7 pm Contact Jessica at clymerj@email.chop.edu
4865 Market Street

Lifecycle WomenCare and The Birth Center
Nikki Grahams (610) 525-6106
<http://www.lifecyclewomancare.org/get-involved/events/lifecycle-womancare-breastfeeding-support-group-west-philadelphia/>
No need to RSVP
2017: every other Wednesday 10am to noon, Studio 34 4522 Baltimore Avenue, Philadelphia

Mama's Wellness Joint
(267) 519-9037 info@mamaswellnessjoint.com
<http://www.mamaswellnessjoint.com/schedule/> (Thursday)

My Fabulous Mama
(215) 970-3020 marisa@myfabulousmama.com
New! Moms Group for Babies held every Wednesday 11:30 a.m. Bring your babies newborn-4 months to cover a variety of topics. Contact or visit website to register. \$85 for six sessions.
<http://www.myfabulousmama.com/parentingcenter/-calendar>

Nurse Family Partnership
The Latch Café Monthly Get-together 1080 N. Delaware Avenue, Philadelphia 19125 3rd floor
Last Monday of the month 11 am to 12:30 pm

Pennsylvania Hospital Breastfeeding Support Group
(215) 829-5046 (For women who have delivered anywhere)
Every Monday 12:30 – 2pm (except federal holidays)
Solutions for Women
700 Spruce Street, Garfield Duncan Building, Suite B3, Philadelphia, 19107

Philadelphia Midwife Collective Breastfeeding Support Group
Tuesdays 12-1:30
270 W. Walnut Lane, 3rd Floor
Philadelphia, PA 19144
Stephanie Brown CLC Ten.Tenderlings@gmail.com

Thomas Jefferson University Hospital

215-955-6665 The Breastfeeding and Pumping Mothers Support Group
833 Chestnut Street, Family Medicine Conference Room, 3rd floor
Tuesdays at 12-1pm (except on legal holidays)

Philadelphia WIC Appreciation Days And Resource Fairs

RSVP phillywic@notrhwic.org

Philadelphia’s Breastfeeding Support Group

<https://www.facebook.com/groups/1500063156959138>

Philly Moms Do Breastfeed

<https://www.facebook.com/groups/921661394573708/>

Department of Public Health City Of Philadelphia

FREE Breastfeeding Help at Philadelphia Health Centers. New mothers sometimes need help learning how to breastfeed their new baby. Credentialed lactation counselors provide free, private, one-on-one support at the health centers below.

<p>Health Center 2 1700 South Broad Street, Unit 201 Tuesdays (1st, 3rd, 4th & 5th), 9 am – 1 pm Thursdays, 9 am – 1 pm Galissa or Ta’Hirah</p>	<p>Health Center 9 131 East Cheltenham Avenue Thursdays, 8:30 am – 12 pm Ta’Hirah Williams, CLC Galissa Jones, CLC</p>
<p>Health Center 3 555 S. 43rd Street Wednesdays, 8:30 am – 2:30 pm Ta’Hirah Williams, CLC</p>	<p>Health Center 10 2230 Cottman Avenue Thursdays, 8:30 am – 11:30 am Ana Tapia, CBC Bilingual family support group on the 3rd Thursday</p>
<p>Health Center 4 4400 Haverford Avenue Mondays (2nd & 4th), 9 am – 2 pm Galissa Jones, CLC</p>	<p>Strawberry Mansion Health Center 2840 Dauphin Street Wednesdays, 9 am – 12:30 pm Galissa or Ta’Hirah</p>
<p>Health Center 5 1900 North 20th Street Mondays 9 am – 2 pm Ta’Hirah Williams, CLC</p>	<p>Congreso 216 West Somerset Street Mon., Wed., & Fri., 8:30 am – 5 pm Tuesdays & Thursdays, 1 pm – 5 pm Ana Tapia, CBC Bilingual family support group on the 3rd Wednesday</p>

Want to find out more before you come to a health center? Call our counselors directly:

- Ana Tapia, CBC: (610) 203-9840 **(bilingual breastfeeding support in English and Spanish)**
- Ta’Hirah Williams, CLC: (267) 506-4118
- Galissa Jones, CLC: (267) 474-3752

Bucks County

Doylestown Hospital Breastfeeding Mothers’ Group

Every Thursday 10-11am Conference Room 1
Doylestown Hospital
215-345-2679 Contact Jean Krauss

Grand View Hospital

700 Lawn Avenue, Sellersville, PA 18960
(215) 453-4594 Phyllis Young www.gvh.org

North Penn Nursing Mothers

18915, 18, 24, 36, 58, 62, 64, 68
Marilynn Boone: (610) 584-4013

Lower Bucks LLL 19067
(215) 295-0933 Jeremi

theasanamama@gmail.com

Chester County

Downingtown LLL Meetings: 4th Tuesday every month 7:30 pm
Messiah Lutheran Church, Downingtown, PA

Exton/Lionville LLL Meetings: 2nd Wednesday monthly 7: 30 pm
Exton Community Baptist Church

Kimberton LLL Meetings: 1st Tuesday every month 9:30 am
Centennial Evangelical Lutheran Church

West Chester LLL 3rd Wednesday every month 9:30 am
West Chester Municipal Building

www.facebook.com/pages/La-Leche-League-Groups-of-Chester-County-PA/198727686829068

www.beanmom.com/laleche

Leaders: (484) 883-0572 Shelly
(610) 321-0319 Kristina
(610) 363-6206 Judy
Jennifer

kierkar@alumni.psu.edu
kristina@pasqualefamily.com
japolley@verizon.net
beanmom@gmail.com

Chester Springs

Groups meet at Paoli hospital and Hankin Library
(484) 565-8075 www.mainlinehealth.org/breastfeeding-mothers-groups
<https://www.mainlinehealth.org/specialties/lactation-and-breastfeeding>

Lifecycle WomenCare Phoenixville

Patty Siegrist (610) 525-6106
<http://www.lifecyclewomancare.org/get-involved/events/lifecycle-womancare-breastfeeding-support-group-phoenixville/>
Every other Thursday 9:30 am to noon St. John's Lutheran Church, 355 St. John's Circle, Phoenixville
No need to RSVP

North Penn Nursing Mothers

Marilynne Boone: (610) 584-4013
19423,26,30,35, 38, 40, 43, 46, 50, 51, 54, 73,74,78

Nursing Mothers' Alliance:

193: 20, 35, 41, 44. 194:02-03,25-26,32, 53, 60, 64, 65, 68, 75, 81. 195:25
(610) 251-9405 Jaclyn Stanfield, NMA president nursingmothersalliance@yahoo.com

Phoenixville Hospital

Groups meet every 2nd Wednesday of the month 6:30 to 8:30 pm
Register on-line:
<https://phoenixville.towerhealth.org/classes-events/search-results-detail/?eventId=739226be-f89e-e811-a2cb-001dd8b71cd7>

West Chester/Exton Area NMA

19341-42, 80, 82, 95 www.nursingmothersalliance.org
Call our Warmline: at (610) 251-9405
Email: nursingmothersalliance@yahoo.com
Weekly group meetings in Collegeville and King of Prussia

Delaware County

Greater Philadelphia Area LLLI Helpline: (610) 666-0359

Breastfeeding Mother's Group at Riddle Hospital

Tuesdays noon to 1 pm. 2nd floor conference room, Rothman Building. Scale available.
<https://www.mainlinehealth.org/events/2019/01/08/1200/breastfeeding-mothers-group?id=650C1936-85CF-4415-86B3-2A38CAF3BD31>

Kay Hoover, M.Ed, IBCLC, facilitator HooverK@MLHS.org (484) 227-3252

Delaware County WIC

Kathy Tyrrell (484) 472-7022

LLL Media <http://www.llofeasternpa.org/DelCoMainLinePA.html>
(610) 892-9787 Barbara Crozier 19086 <mailto:bcropet@hotmail.com>
[610-357-5376 Stephanie Leonetti cedrone.stephanie@gmail.com](mailto:cedrone.stephanie@gmail.com)
3rd Thursdays 10 am
Ohm Family Chiropractic 327 N. Middletown Road, Media, PA 19063

Lifecycle WomenCare

Rosemont Plaza, 1062 E. Lancaster Ave, Room 20, Bryn Mawr, PA
Every other Thursday 9:30 – 12 pm
Patty Siegrist RN, IBCLC, facilitator (610) 525-6106

Lisa Mandell, MBA IBCLC

Villanova
610-517-9552
Nemours DuPont Pediatrics
789 E. Lancaster Avenue, Suite 10
Tuesdays (most) 2:30-4:00

Pettaway Pursuit

Wednesday 2:30-3:30 Led by Diane Lawley CLC
11 Owen Avenue Lansdowne PA 19050
Registration: 610-553-5479
<http://www.pettawaypursuitfoundation.org/program-services.html>

Montgomery County

Bryn Mawr Hospital Breastfeeding Support Group

Call (484) 565-8075 or see website for dates for both groups
www.mainlinehealth.org/breastfeeding-mothers-group
Bryn Mawr Hospital, Conf Room F, 2nd floor, E wing, Thursdays 2-3 pm

Every other Saturday for currently working moms only: 11 am
Employee Education Classroom

Harleysville NM

180: 54, 74, 76, 84 189: 18, 24, 58, 62, 69
194: 23, 26, 30, 35, 38, 43, 50, 51, 73, 74, 78

(610) 584-4013 Marilyn Boone dutch@nni.com

Lansdale-North Wales NPNM

18915, 36. 194: 40, 46, 54
(215) 997-2706 Laura Mullins lamullins1@gmail.com

Lankenau Medical Center

(484) 565-8075
www.mainlinehealth.org/breastfeeding-mothers-groups

Lifecycle WomenCare and Birth Center – Rosemont and Phoenixville

Patty Siegrist (610) 525-6106 or (610)-525-6086
<http://www.lifecyclewomancare.org/get-involved/events/lifecycle-womancare-breastfeeding-support-group-rosemont/>

LLL of Central Montgomery County

<http://www.llofeasternpa.org/web/MontgomeryCentralPA.html>www.facebook.com/pages/La-Leche-League-of-Central-Montgomery-County-Pennsylvania/184515870425

(610) 287-8190 Ginny ginnywilkinson00@gmail.com
(215) 380-0861 Leah leahjoypro@yahoo.com
(215)-873-6248 Elizabeth Bradley lizbradley.eb@gmail.com

Montgomery County East LLL

<http://www.llofeasternpa.org/web/MontgomeryEastPA.html>
www.facebook.com/groups/189408902698/

(215) 886-1693 Mary Ann Albert, Oreland bomaph1@comcast.net
215-771-1193 MyLisa Shipanga mylisamk@gmail.com
(215) 822-3964 Andy Mehrotra dandyhome@comcast.net
617-650-4436 Theresa Kaskey Theresa.kaskey@gmail.com

Morning Meetings 2nd Tuesdays 10 am Calvary Presbyterian Church, Wyncote
Evening Meetings 3rd Mondays 7 pm

North Penn Nursing Mothers

18915, 18, 24
Harleysville Meetings: Mondays 7:30 pm Harleysville YMCA
Karen (215) 272-2861
Lansdale Meetings: Tuesdays 7:30 pm Trinity Lutheran Church
Laura (215) 767-3188

Nursing Mothers Alliance

190:10, 35, 85, 87 193:01, 12, 33, 41, 42
194:01, 05, 06, 28 nursingmothersalliance@yahoo.com
(610) 251-9405 www.nursingmothersalliance.org

Phoenixville/Downingtown/Coatsville NM NMA

19320, 35, 41, 44, 355
19402, 03, 25-26, 32, 53, 455, 60, 64-65, 68, 75, 81
19525
Warmline: (610) 251-9405

Wayne/Paoli NM NMA

19010, 19035, 19085, 19087, 19301, 12, 33, 19401, 05, 06, 19425 and 28, 19355, 19380
Warmline: (610) 251-9405 www.nursingmothersalliance.org nmapasub@yahoo.com

Women's Resource Center

Free, Tuesdays 11:00 am-12:00 pm, IBCLC present, scale available
633 W. Germantown Pike, Suite 202
Plymouth Meeting, PA 19462
(484) 362-6133
<https://www.einstein.edu/obstetrics-and-gynecology/obstetrics/maternity-care-montgomery-county/womens-resource-center>

On-line support

Philly Moms Do Breastfeed

A closed Facebook group
<https://www.facebook.com/groups/921661394573708/>

Anyone can join this group
<http://groups.google.com/group/pennsymoms?lnk=srg>

La Leche League Mothers' Forum

<http://forums.llli.org/index.php>
<http://normalizebreastfeeding.org/2016/11/philadelphia-pa-normalize-breastfeeding-tour/>

See FACEBOOK Section in Website Chapter

For Physicians: www.drmmilk.org

Chapter 4 -Hospital and Birth Center Programs

Hospital-based lactation professionals assist mothers and babies when they are in the hospital. Some are available by phone or provide consultation at the hospital after hospital discharge. Hospital-based lactation professionals provide free service and counseling only for patients delivering at that hospital. Directors of programs or primary lactation consultants are listed.

These Philadelphia hospitals are Baby-Friendly designated: Einstein Medical Center, Thomas Jefferson University Hospital, Pennsylvania Hospital, Hospital of the University of Pennsylvania, and Temple University Hospital.

Children's Hospital of Philadelphia is designated a Keystone-10 facility, as are all BFHI hospitals

Philadelphia County

(215) 456-6936
Jane Dougherty RN, IBCLC
2 permanent staff
Outpatient Drop-in Clinic
Rachel Gazda IBCLC
Einstein Medical Center Philadelphia
5501 Old York Road
Philadelphia, PA 19141

(215) 762-3908
Christine Ilik RN, IBCLC
Hahnemann University Hospital
Broad and Vine Streets
Philadelphia 19102

(215) 590-4442
4 IBCLCs on staff
Diane Spatz, PhD, RNC
Children's Hospital of Philadelphia
34th & Civic Center Blvd.
Philadelphia, PA 19104

Warmline: (215) 662-2361
9 IBCLCs on staff
Hospital of the University of Pennsylvania
3400 Spruce St, Maternity
Philadelphia, PA 19104

Warmline: (215) 829-5046
Debi Page Ferrarello, RN, MS, IBCLC,
(215) 829-5085
4 permanent staff
6 per diem
Pennsylvania Hospital
Outpatient Clinic:
Mon-Fri by appointment
Solutions for Women
700 Spruce Street
Garfield Duncan Building, Suite B-3
Philadelphia, 19107
<https://www.pennmedicine.org/for-patients-and-visitors/penn-medicine-locations/pennsylvania-hospital/patient-and-visitor-information/solutions-for-women-boutique>

(215) 955-6665
Helen Costa RN, IBCLC
4 IBCLCs and 1 CLC on staff
Thomas Jefferson University Hospital
1225 B Pavilion Building
117 South 11th Street
Philadelphia, PA 19107-4998

(215) 427-MILK
Katie McPeak, MD
Newborn & Breastfeeding Center
St. Christopher's Hospital for Children
3645 N. Front Street
Philadelphia, PA 19140

(215) 829-5046
Office visits available with an IBCLC
and store open Monday-Friday
8:30-5 PM
Call to schedule appointment, open
to anyone including those who did
not deliver at Pennsylvania Hospital.

(215) 707-3778
Breastfeeding Resource Center
IBCLCs
Temple University Hospital
3401 North Broad St.
Philadelphia, PA 19140

<https://www.pennmedicine.org/for-patients-and-visitors/penn-medicine-locations/pennsylvania-hospital/patient-and-visitor-information/solutions-for-women-boutique>

Bucks County

(215) 345-2972
Lisa Fisher RN, BSN, IBCLC
Doylestown Hospital
595 West State Street
Doylestown, PA 18901

(215) 453-4594
pyoung@qvh.org
Phyllis Young RN, ICCE, IBCLC
Grand View Hospital
700 Lawn Avenue
Sellersville, PA 18960

(215) 710-5988
Ann Ridder, RN, BSN, IBCLC
St. Mary Medical Center
Langhorne-Newtown Road
Langhorne, PA 19047

Chester County

(610) 738-2582
Michele Quigley, IBCLC
The Chester County Hospital
701 E. Marshall Street
West Chester, PA 19380

(484) 5658075
Donna Sinnott, BBA, IBCLC
Paoli Hospital
255 W. Lancaster Ave.
Paoli, PA 19301

(610) 983-1266
Cathlene Kandler, RN, BSN, IBCLC
Phoenixville Hospital
140 Nutt Road
Phoenixville, PA 19460

Delaware County

(610) 525-6106
Patty Siegrist, RN, IBCLC
LifeCycleWomenCare
918 County Line Road
Bryn Mawr, PA 19010

(484) 227-3252
Kay Hoover MEd, IBCLC
Riddle Hospital
1068 W. Baltimore Pike
Media, PA 19063

Lehigh County

(610) 402-7264
Jeanne Schevets RN, BSN, IBCLC
Lehigh Valley Hospital
Cedar Crest & I-78
Allentown, PA 18015

(610) 250-4332
Estelle Leopold RN, IBCLC, CCE
Easton Hospital
250 South 21st Street
Easton, PA 18042

(484) 526-2248
Cathy Waltemyer
Cathy.Waltemyer@sluhn.org
St. Luke's Bethlehem
801 Ostrum Street
Bethlehem, PA 18015

(610) 628-8698
Patti Hari RN, IBCLC
St. Luke's, Allentown
1736 Hamilton Street
Allentown, PA 1810

Montgomery County

(215) 481-6104 Warmline
Mara Brand, RNC, IBCLC
Abington Memorial Hospital
1200 Old York Road
Abington, PA 19001

(484) 622-2226
Karen Meade, RN, IBCLC
EinsteinMedicalCenterMontgomery
559 West Germantown Pike
East Norriton PA, 19403

(494) 337-8241
Lydia Srubar, IBCLC
Bryn Mawr Hospital
130 S. Bryn Mawr Avenue
Bryn Mawr, PA 19010

(215) 938-2968
Breastfeeding Resource Center
IBCLCs:
Holy Redeemer Hospital
1648 Huntingdon Pike
Meadowbrook, PA 19046

(610) 525-6086
Lifecycle WomanCare and the Birth Center
Nikki Grahams, program director
4 lactation consultants
918 County Line Road
Bryn Mawr, PA 19010

Sue Bechhold, IBCLC
Lankenau Medical Center
100 East Lancaster Avenue
Wynnewood, PA 19096

Chapter 5 - Community Lactation Consultant/Counselor Services (Free, sliding scale or fee for service)

IBCLC home visits (call the Case Manager to be certain):

- AETNA and Independence Blue Cross (Personal Choice, Keystone Health Plan East) have IBCLCs in their networks.
- United Healthcare may offer a GAP exception: as they have no in-network providers, they may grant a covered mother an exception to see an IBCLC.

Find a Certified Lactation Counselor, Advanced Lactation Consultant or Advanced Nurse Lactation Consultant: <http://www.talpp.org>

Find a local International Board Certified Lactation Consultant: www.pro-lc.org

Breastfeeding Resource Center has 2 offices; Abington, PA (215) 886-243
King of Prussia, PA (484) 582-6682
A sliding scale is offered. www.breastfeedingresourcecenter.org

Northeast MOMobile Classic (free home-based or telephone breastfeeding education and support)

Maternity Care Coalition

Michelle Sutton, CLC

MSutton@maternitycarecoalition.org

841 E. Hunting Park Ave, 2nd Floor

Philadelphia, PA 19124

(215) 850-6631

maternitycarecoalition.org

This is most appropriate for families with Medicaid insurance or with no insurance.

Healthy Start/ Division of Maternal, Child, and Family Health/ Philadelphia Department of Public Health (free Health Center or Home support)

Ta'Hirah Williams CLC

Ta'hirah.williams@phila.gov Call or text: (267) 506-4118

Galissa Jones, CLC

Galissa.Jones@phila.gov Call or text: (267) 474-3752

Lifecycle WomanCare and The Birth Center

Lactation consultations every THURSDAY in our South Philly satellite office (1214 Moore St).

Appoints available Monday through Friday at our Bryn Mawr location.

All services are OPEN TO THE PUBLIC.

We accept MOST MAJOR INSURANCE PLANS (copays may apply depending on plan).

Call for more information 610-525-6086.

PRO-LC LACTATION CONSULTANT LISTING - ALPHABETICAL BY LOCATION

LOCATION	NAME	AREA COVERED (for home visits)	CONTACT INFO	OFFICE OR HOME VISITS	OTHER SERVICES
Abington	Breastfeeding Resource Center Colette M. Acker, BS, IBCLC Janice E. McPhelin, BS, IBCLC Jennifer McClure, IBCLC Louisa Brandenburger IBCLC		Phone: (215) 886-2433 Website: www.BRC4Babies.com	Office Visits 1355 Old York Road Abington, 19001	<ul style="list-style-type: none"> Breast pump rentals & sales Scale rentals Nursing bras, pillows, stools, & breastfeeding accessories Support group meetings & parent classes Aetna provider Independence Blue Cross provider
Abington, Glenside	Andrea Bulera Judge, MPH, IBCLC	Eastern Montgomery County, Centraul Bucks, North/Northeast/Northwest Philadelphia	Phone: 215 266 1076 Email: andrea@andreajudgeibcl.com Website: www.andreajudgeibcl.com	Home visits only	<ul style="list-style-type: none"> Call for coverage questions
Berks County	Vicky Sullivan, IBCLC	Berks and surrounding counties	Phone: (917) 742-2659 Email: vickysullivantlc@gmail.com https://www.facebook.com/Victoria-Sullivan-IBCLC-Lactation-Consultant-1541729032795176/	Home Visits	<ul style="list-style-type: none"> Independence Blue Cross provider
Bryn Mawr	Lifecycle WomanCare and the Birth Center Patty Siegrist RN, IBCLC Amy Siegrist, IBCLC Cara Puff, IBCLC ElizabethLarkin, IBCLC		Phone: (610) 525-6106 Email: psiegrist@lifecyclewomancare.org Website: www.lifecyclewomancare.org	Office Visits 918 County Line Road Bryn Mawr 19010	<ul style="list-style-type: none"> Aetna provider Independence Blue Cross provider Other major insurance Breastfeeding support groups in Phoenixville, Rosemont, West Phila Breastfeeding classes for expectant couples
Bucks and Montgomery Counties	Margiotti & Kroll Pediatrics Suzi Garrett, IBCLC	Offices in Newtown, Trevose, Warrington, NE Philadelphia, & Horsham	Phone: (215) 346-6177 Email: sgarrett@mkpeds.com Website: http://www.mkpeds.com	Office Visits Week days and evenings **You do not have to be a patient of this practice for visits	<ul style="list-style-type: none"> Aetna provider Independence Blue Cross provider
Bucks County/Levittown	Breastfeeding Helper PC Gail Dittes, IBCLC	Most of Bucks County, NE Philadelphia and Pars of NJ	Phone: 267-879-5000 Email: GailDittes@Breastfeedinghelper.com Website: www.BreastfeedingHelpers.com www.facebook.co/GailDittesRN	Home Visits	<ul style="list-style-type: none"> Aetna provider Independence Blue Cross provider
Camden County and Collingswood, NJ	South Jersey Breastfeeding @The Village	Collingswood, NJ Camden County	Email: info@thevillagesj.com	Office Visits 915 Haddon Ave. Collingswood, NH	Prenatal and Postpartum Wellness, Education and Support
Collegeville	Linda Muller, RN, BSN, IBCLC	Western Montgomery County and Main Line	Phone: 610 733 5966 Email: Linda.K.Muller@gmail.com	Home Visits	<ul style="list-style-type: none"> Aetna provider Independence Blue Cross provider
Delaware County	Brooke Azevedo, BS, IBCLC	Delaware and Philadelphia Counties	Phone: (805) 709-1133 Email: brookeazevedo@gmail.com Website: https://www.brookeknowsbreast.com/	Office Visits Home Visits	<ul style="list-style-type: none"> Aetna provider Independence Blue Cross provider
Delaware County	Linda Derbyshire, BS, IBCLC	Center City, Main Line, Delaware County, Philadelphia	Phone: (610) 316-9157 Email: lindaderbyshire@gmail.com Website: www.centercitypediatrics.com	Office Visits Home Visits	<ul style="list-style-type: none"> Phone/skype consultations Aetna provider Independence Blue Cross provider
Delaware County	Christine Sweeney, BSN, IBCLC	Delaware County, Delaware	Phone: (610) 996-1543 Email: lactationaide@yahoo.com	Home Visits Office Visits for Advocare Broomall Pediatrics only	

Doylestown, Upper Bucks	Best for Babies Jean Krauss, RN,BSN,IBCLC Cindy Jarret, RNC,IBCLC	Doylestown, Upper Bucks	Jean Krauss (215) 837-6664 jeanibclc@yahoo.com Cindy Jarret (215) 534-3439 ciarret@hotmail.com	Home Visits	
Elkins Park	Nikki Lee RN, BSN,MS, Mother of 2, IBCLC,CCE,CIMI, ANLC,CKC, RYT	Philadelphia, Eastern Montgomery County, Lower Bucks County	Email: nleeguitar@aol.com Website: www.nikkileehealth.com Twitter: @nikkileehealth Facebook: www.facebook.com/nikkileehealth	Home Visits Office Visits	<ul style="list-style-type: none"> Holistic Lactation Consultant Craniosacral Therapy Baby bodywork (infant massage and TummyTime!)
Elkins Park	Linda Ivker RNC-OB,BSN,IBCLC	Philadelphia, Montgomery County, Delaware County	Phone: (215) 512-0075	Home Visits	
Germantown, Philadelphia	Stephanie Brown, IBCLC	Philadelphia and surrounding area	Email: ten.tenderlings@gmail.com	Home Visits Office Visits: 270 W. Walnut Lane, 3 rd floor, 19144	
Havertown Villanova	Lisa Mandell, MBA,IBCLC	Main Line, Delaware County, Philadelphia	Phone: (610) 517-9552 Email: lisa@lisamandell.com Website: www.lisamandell.com	Office Visits and limited home visits: Nemours DuPont Pediatrics Villanova, Villanova Center, 789 Lancaster Ave, 19085	<ul style="list-style-type: none"> Phone consultations Weekly support group Aetna provider Independence Blue Cross provider
King of Prussia	Amy Siegrist, BS,IBCLC	10 mile radius from King of Prussia	Phone: (484) 919-1027 Email: amyibclc@gmail.com Website: www.breastfeedingbond.com	Office Visits 120 South Warner Road. Suite 107 King of Prussia, PA 19406 Home Visits	<ul style="list-style-type: none"> Aetna provider Independence Blue Cross provider
Lancaster	Jessica Wimer, BSN, RN, IBCLC	Lancaster and Chester Counties	Phone: 717-344-6496 Email: jwimer@bornandfed.com Website: www.bornandfed.com Instagram: https://www.instagram.com/bornandfed/	Home visits Phone consults	<ul style="list-style-type: none"> Aetna provider Independence Blue Cross provider
Lancaster	Babyfusion, Bethany P. Landgraft, BSN, RNC-MNN, IBCLC	Lancaster	Phone: 717-471-2019 Email: bethany@Babyfusion.org	Home visits	<ul style="list-style-type: none"> Aetna provider
Lehigh Valley	Blossom Baby Lehigh Valley Lactation Services Amy E. Nansteel, MA, IBCLC, RLC	Souderton, Ottsville, Montgomery, Bucks, Upper Bucks, Doylestown, Lehigh Valley	Phone: (610) 737-9851 Email: amy@lehighvalleylactation.com Website: www.Lehighvalleylactation.com	Home Visits	<ul style="list-style-type: none"> Aetna provider
Main Line/Delaware County	Lisa Mandell, MBA, IBCLC		Phone: 610-517-9552 Email: lisa@lisamandell.com Website: www.lisamandell.com	Office visits in Villanova	<ul style="list-style-type: none"> Phone consultations Weekly support group Aetna provider Independence Blue Cross provider
Media	Alison Neuhaus, MA,IBCLC	Delaware County, Main Line, West Chester, North eastern Delaware, Philadelphia (parts)	Phone: (610) 761-4974 Email: asneuhaus@verizon.net	Home Visits	<ul style="list-style-type: none"> Aetna provider Independence Blue Cross provider
Montgomery County	Erica Diehl, MS, IBCLC	Limerick, Collegeville, Pottstown & surrounding areas	Phone: (215) 275-3603 Email: erica.l.diehl@hotmail.com Website: http://erica-ibclc.com	Home visits	<ul style="list-style-type: none"> Aetna provider Independence Blue Cross provider
Montgomery County, Philadelphia	Colleen Elwood, RN IBCLC		Phone: 216 620 3597	Home visits	<ul style="list-style-type: none">

Montgomery County, Philadelphia	Nikki Lee, RN, BSN, MS, Mother of 2, IBCLC, CCE, CIMI, ANLC, CKC, RYT	Philadelphia, Eastern Montgomery county	Email: nleeguitar@aol.com Website: www.nikkileehealth.com Twitter: @nikkileehealth Facebook: www.facebook.com/nikkileehealth Text: 215 888 0013	Home Visits Office Visits Telephone consults Video chats	<ul style="list-style-type: none"> Holistic Lactation Consultant Craniosacral Therapy Baby bodywork (infant massage and TummyTime!)
Montgomery County, Schwenksville	Karen Meade, RN, IBCLC	25 mile radius of 19473 (Schwenksville) and 19462 (Plymouth Meeting) zip codes	Email: kmeade70@gmail.com	Home visits	<ul style="list-style-type: none"> Aetna provider Independence Blue Cross provider
Mt. Airy/Germantown	Crescent Lactation Care, Katy Baker-Cohen, BSN, RN, IBCLC	Philadelphia	Phone: 484 683 5771 Email: crescentlactationcare@gmail.com	Home Visits Sliding scale rate \$30-70/hr Facebook Instagram @crescentlactationcare	
Narberth	Main Line Nutrition Services Gordana Chelsvig, MA, RD, IBCLC, CBCST	Delaware & eastern Montgomery counties, Narberth, Philadelphia	Phone: 610-667-1588	Office and Home Visits Telephone consults 112 Bala Avenue Bala Cynwyd 19004	<ul style="list-style-type: none"> Phone consultations Herbalist Craniosacral therapy
Newtown	Lucky Baby Lactation Services Michelle Farfel, MA, IBCLC Laura Sarantinoudis-Jones, BA, IBCLC	In PA: Newtown office and Lower Bucks County and In NJ: Mercer, Burlington, Ocean and Monmouth counties	Phone: Michelle Farfel: 732-977-6444 Email: Michelle@LuckyBabyLactation.com Phone: Laura Sarantinoudis-Jones: 732-439-7972 Email: Lauraj12383@yahoo.com Website: www.LuckyBabyLactation.com	Office Visits 121 Friends Lane, Suite 100 Newtown, PA 18940 Home Visits	<ul style="list-style-type: none"> Aetna provider Independence Blue Cross provider Amerihealth NJ provider Scale and pump rentals Se Habla Español
Ottsville	Cathy Snyder, RN, BSN, IBCLC	Northern Bucks County and parts of Montgomery County	Phone: (215) 290-4387 Email: cathysnyderibclc@yahoo.com	Home Visits	<ul style="list-style-type: none"> Private Breastfeeding Classes Phone Consults Aetna Provider Independence Blue Cross provider
Paoli	Molly Zangrilli, IBCLC	Chester, Delaware, Montgomery, Bucks	Phone: (215) 205-2210 Email: molly@mollyzLC.com Website: www.mollyzLC.com	Home Visits	<ul style="list-style-type: none"> Independence Blue Cross provider
Philadelphia	Lisa Broderick-Cohen, IBCLC, RLC	Philadelphia, South Jersey	Phone: (215) 407-1422 Email: lisa@blissedoutmamas.com Website: www.blissedoutmamas.com	Home Visits Cyber Visits Office Visits	<ul style="list-style-type: none"> Creator and sales of Blissful Nipple Balm Aetna provider
Philadelphia	The Children's Hospital of Philadelphia Rachelle Lessen, MS, RD, IBCLC		Phone: (215) 590-4442	Office Visits	<ul style="list-style-type: none"> Specialist in poor weight gain & allergies Registered dietitian providing guidance on maternal diet Medela pump & scale rentals
Philadelphia	Center City Pediatrics Breastfeeding Support Group Linda Derbyshire, BS, IBCLC		Phone: (215) 735-5600 And (610) 316-9157 Email: lindaderbyshire@gmail.com Website: www.centercitypediatrics.com	Office Visits Home Visits You do not need to be a patient of the practice for visits or support group	<ul style="list-style-type: none"> Breastfeeding support group Phone/skype consultations Aetna provider Independence Blue Cross provider
Philadelphia	Freedom to Feed Rachel Gazda, IBCLC, CD(DONA)	Philadelphia, Bucks, PA & Camden Counties, NJ	Phone: (267) 225-2383 Email: FreedomFeed@gmail.com Website: www.rachelgazda.com	Please contact or availability	<ul style="list-style-type: none"> Aetna provider Independence Blue Cross provider
Philadelphia	Mom+Baby, LLC Rosalie Kmiec, IBCLC	Philadelphia	Phone: (610) 322-4932 Email: Rosalie@mombabyphila.com	Home Visits	<ul style="list-style-type: none"> Aetna provider Independence Blue Cross provider
Philadelphia 19119	Carol Tenneriello RN, IBCLC 7433 Sprague St.	Philadelphia Montgomery County	Phone: (215) 248-0197 Email: milkyway4@verizon.net	Home Visits	<ul style="list-style-type: none"> Aetna provider Independence Blue Cross provider

Philadelphia/ Greater Philadelphia Area	Breast Feeding Lactation & Feeding Consultation Rebecca A. Walker, BSN RN IBCLC	Philadelphia, Main Line, Delaware & Montgomery Counties	Phone: (717) 856-2705 Email: info@bestfeedinglc.com Website: http://www.bestfeedingLC.com	Home Visits	<ul style="list-style-type: none"> • Aetna provider • Independence Blue Cross provider
Philadelphia	Philadelphia Lactation Kate Katz RN, IBCLC	Philadelphia, Delaware & Montgomery Counties, Main Line and Cherry Hill	Phone: 484-369-1020 Email: PhiladelphiaLactation@gmail.com www.PhilaLactation.com	Home visits Phone and webcam consultations	<ul style="list-style-type: none"> • Aetna provider • Independence Blue Cross provider
Philadelphia	Solutions for Women		Phone: 215 829 5046 Website: Solutions for Women	Only office visits. Call to schedule appointment, open to anyone including those who did not deliver at Pennsylvania Hospital.	<ul style="list-style-type: none"> • Aetna provider • Independence Blue Cross provider • Medicaid accepted • will attempt to bill other insurance • Medela Symphony breast pump rentals • Scale rentals • Certified nursing bra fitters on staff • Maternity and post partum clothing, bras & breastfeeding accessories • Support group meetings Monday 12:30-2 • Childbirth, breastfeeding and infant care classes
Philadelphia	Crescent Lactation Care Katy Baker-Cohen, BSN, RN, IBCLC	Mt. Airy, Germantown and more	Phone: 484 683 5771 Email: crescentlactationcare@gmail.com , Facebook Instagram @crescentlactationcare	Home Visits \$30-70/hr	<ul style="list-style-type: none"> •
Philadelphia	Nestled, LLC Alison Ahern, BSN, RN, IBCLC	Philadelphia, Main Line, Delaware County	Phone: 484-832-2515 Email: alison@nestledclose.com Website: Nestledclose.com	Home Visits Phone/video consults	<ul style="list-style-type: none"> • Aetna provider
Philadelphia	Gabriella Kim, RN, IBCLC	Philadelphia	Phone: 267 368 4291		<ul style="list-style-type: none"> •
South Philadelphia	Lifecycle WomanCare and The Birth Center Patty Siegrist, RN, IBCLC Amy Siegrist, IBCLC Cara Puff, IBCLC Elizabeth Larkin, IBCLC	Phone: 610 525 6086 Email: info@lifecyclewomancare.org info@lifecyclewomancare.org Website: www.lifecyclewomancare.org	Phone: 610 525 6086 Email: info@lifecyclewomancare.org Website: www.lifecyclewomancare.org	Office Visits 1214 Moore St. Philadelphia	<ul style="list-style-type: none"> • Aetna provider • Independence Blue Cross provider • Other major insurance • Breastfeeding support groups in Phoenixville, Rosemont, West Phila • Breastfeeding classes for expectant couples
Philadelphia, South Jersey	Kara Thornton, BA, IBCLC	Burlington, Camden, and Gloucester Counties	Phone: 856-772-7712 email: kara@vialacteanj.com website: www.vialacteanj.com	Home visits	<ul style="list-style-type: none"> •
Phoenixville	Kristin Burns, BA, IBCLC	Chester, Montgomery, Berks, and Delaware Counties	Phone: (267) 664-8648 Email: Kristin@bothbettertogether.com Website: www.bothbettertogether.com	Home Visits	<ul style="list-style-type: none"> • Aetna provider • Independence Blue Cross provider
Pottstown	Janet Graczyk, BS, IBCLC	Chester, Berks & Montgomery Counties	Cell: (484) 808-7694 Email: janetibcl@gmail.com Website: www.janetgraczyk.com	Home Visits	<ul style="list-style-type: none"> • Aetna provider
Pottstown	Mother 2 Mother Matters Angela Quinn BS, IBCLC	Northern Chester County, Western Montgomery County, Eastern Berks County, southern Lehigh County	Phone: (484) 857-BABY (484) 857-2229 Website: www.Mother2MotherMatters.com www.facebook.com/Mother2MotherMatters www.growingplacepa.com	Home Visits Office Visits at The Growing Place (Emmaus, PA)	<ul style="list-style-type: none"> • Aetna provider

Pottstown	Jillian Nemeth, BA,IBCLC	Chester, Berks & Montgomery Counties	Cell: (215) 528-8759 Email: jillian_nemeth@yahoo.com Website: www.inlactationconsulting.com Jillian Nemeth Lactation Consulting Pottstown, PA	Home Visits	<ul style="list-style-type: none"> • Aetna provider
Reading	Cindy Griffis, RN,BSN,IBCLC,RLC	Berks and surrounding area	Phone: (610) 378-2068	St. Joseph Medical Center Bern Campus Outpatient Department	<ul style="list-style-type: none"> • Support group twice a month
Reading	Just Living Healthcare Miri Levi, FNP-BC, CNM, IBCLC	Berks, Montgomery, Lehigh, Bucks, Chester, Delaware, Lancaster, Lebanon, and Schuylkill counties	Phone: (484) 985-9719 Email: miri@justlivinghealthcare.com Website: www.justlivinghealthcare.com	Office Visits in Douglassville, PA. Home visits – see areas covered	<ul style="list-style-type: none"> • Accepts most health insurance • Breastfeeding classes • Family and women's health services
Souderton	Amazing Newborn Judy Crouthamel RNC,IBCLC	Bucks County & Montgomery County	Phone: (610) 584-6111 Email: judy.crouthamelibclc@yahoo.com Website: www.amazingnewborn.com	Office Visits Home Visits	<ul style="list-style-type: none"> • Nursing clothing & bras sales • Aetna provider • Independence Blue Cross provider
Wayne	Breastfeeding Resource Center Colette Acker, IBCLC Janice McPhellin, IBCLC	Chester, Delaware, Philadelphia, Montgomery	Phone: (484) 582-8662 Web: BRC4babies.com	Office Visits Home Visits	<ul style="list-style-type: none"> • Breast pump rentals & sales • Scale rentals • Nursing bras, pillows, stools & breastfeeding accessories • Support group meetings & parent classes • Aetna provider • Independence Blue Cross provider • Sliding scale for those whose insurance doesn't cover
West Chester	Amy Hnetinka, BSN, RN, IBCLC	Chester County, The Main Line and Northern Delaware	Phone: (484) 582-8662 Email: amyhbreastfeedinghelp@gmail.com Website: http://www.amyhbreastfeedinghelp.com Website: BRC4babies.com Phone: (484) 999-7729	Home Visits	<ul style="list-style-type: none"> • Independence Blue Cross
West Chester	Angela Leonard, BA, IBCLC, RLC	Chester, Delaware & N. Wilmington, DE	Phone: (610) 299-8290 Email: angelaibclc@comcast.net	Home Visits	
West Chester	MotherBorn Dana L. Ehman, BA, IBCLC		Phone: 610-299-1038 Email: dana@motherborn.com Website: www.MotherBorn.com	Home visits Office Visits 790 East Market Street Suite 195 West Chester 19382	<ul style="list-style-type: none"> • Mother and baby products • Aetna provider • Independence Blue Cross provide TummyTime! Educator
Wyndmoor	Liz Brooks, JD, IBCLC, FILCA	Montgomery & Philadelphia Counties	Phone: (215) 836-9088 Email: liz.brooks@yahoo.com	Home Visits	

Chapter 6 - Related Practitioners and Complementary Therapies

These are practitioners who have been found to be knowledgeable about and supportive of breastfeeding. Updates welcomed!: president@pro-lc.org

Pediatric Allergist:

Marc Cotler MD (610) 642-3884 (Wynnewood, PA)

Breast Surgeon:

Dahlia M. Sataloff MD (215) 829-8461
(speaks Yiddish and French) Philadelphia, PA 19146

Donna Angotti MD (215) 657-5786 (Abington, PA)

Marcia Boraas MD (215) 728-3001 (Philadelphia, PA)

Ari Brooks MD (215) 829-8461 (Philadelphia, PA)

Kara Friend MD (215) 254-2730 (Philadelphia, PA)

Julia Tchou MD (215) 615-5858 x 3 (Philadelphia, PA)

Jennifer Sabol MD (610) 642-1908 (Wynnewood, PA)

Will evaluate and treat frenula:

Roshani Anandappa MD, FAAP (215) 545-8188 roshani@ix.netcom.com
Society Hill Pediatrics, Philadelphia 19107

Lyusya (Lucy) Badishyan DMD (215) 699-0650
North Wales, PA. <http://www.bestdentalcare.net/>

Paul Bahn, DMD Temple University Hospital www.infantlaserdentistry.com

Kathleen Bickel DMD Turnersville, NJ info@dayspringlaserdentistry.com
(856) 875-8400

Lisa Elden MD (610) 337-3232

Meg Kawan MD, IBCLC (609)641-0200

Michael Kremer MD (302) 655-6183 Wilmington, Delaware
David King MD

Albert LaTorre DDS (215) 491-0502 Warrington, PA

Ross Levine DDS (215) 860-9808 Newton Square, PA

Daniel May MD (610) 594-6440 Exton, Pa

Lance Panarello DDS (484)498-2129
<http://www.pagreendentist.com/>

Louis Rafetto MD (302) 477-1800 Wilmington, Delaware

James Reilly MD (610) 557-4800
Nemours DuPont Pediatrics, Newtown Square, PA.

B. Davison Smith MD (610) 896-6800 ENT, Lankenau Hospital

Kai-Zu Chi, DMD, MD dr.chi@centercityoms.com
Center City Oral & Maxillofacial Surgery

Acupuncture/Aromatherapy/Herbalist/Homeopathy:

Linda Baker MD, CCH
Pediatrician, homeopath homeopathy1@yahoo.com
<http://wellspringhomeopathiccare.com/>

Jenny Corbin LAc 215-870-2211 Barefoot Doctor Community Acupuncture 19125

Cara Frank R. OM215-772-0770 <http://www.sixfishes.com> South Philadelphia

Ching-Yao Shi Dipl.OM/Lic. Acu (215) 751-9833 Center City, Philadelphia

Adriane Dourte Ph.D, R.O.M. (484) 319-7700 Offices in Manayunk and Media

Ameet Ravital DiHom, PhD (267) 357-6962
Homeopath Philadelphia, PA 19130

Marlene Burk Acupuncture <http://www.marleneburk.com/>

Christine Golcher CLC, CCE, CD (215) 287-4915
Certified Aromatherapist and Herbalist <https://christinescareandcompassion.com/>

Infant Feeding Specialists (Infant feeding clinic, OT, CCC/SLP):

Thomas Jefferson University Rehabilitation Clinic
(1 to 2 month waiting list) (215) 955-1200

Early Intervention Goldstar Rehabilitation Sarah Dougherty MS, CCC-SLP
<http://goldstarrehab.com/overview.html>

Practitioners trained in Beckman Oral Motor Assessment
<http://www.beckmanoralmotor.com/therapists.htm>
(type only the City into the search fields.)

- 1) Irene Jackson SLP ijackson@theraplayinc.com (484) 369-8953
Limerick, PA 19468
- 2) Melissa DeJoseph SLP hppykey@aol.com (516) 398-7029
Wayne, PA 19087
- 3) Jaclyn Polakoff SLP Jaclyn.polakoff@gmail.com
Philadelphia, PA 19146
- 4) Nacona Davis SLP nadavis2008@gmail.com (214) 554-4437
Philadelphia, PA

TheraPlay (Drexel Hill, West Chester, Hatboro) www.theraplayinc.com

Jolaine Baran SLP Paoli Hospital (484) 565-1063

Craniosacral therapists:

www.upledger.com click on "Find a Practitioner"

Christine Hoefelder (610) 505-8946 <http://www.kindersage.com>

Nikki Lee (215) 635-6477 <http://www.nikkileehealth.com>

Catherine Sliman (620) 299-0951 <http://www.integrativekids.com/>
Also does Myofascial Release

Trish Romano (610) 666-2385 <http://www.energeticsynergy.com>

Ula Katsoulis (646) 645-5207 <http://stillpointholisticstudio.com/>

Infant Massage Instructors:

<http://www.lovingtouch.com> click on "Find an instructor"
<http://www.infantmassageusa.org> click on "Educator Directory"

Dermatologists:

Barry Friter MD (215) 947-7500 Huntingdon Valley, PA
Paul Gross MD (215) 829-3576 Pennsylvania Hospital
Jonathan Winter MD (856) 589-3331 Sewell, NJ
Michele Ziskind MD (610) 296-5801 Paoli, PA
Julia Cohen MD (610) 924-0135 Newtown Square and Bryn Mawr, PA (treats blebs)

Pediatric Gastroenterologist:

Kevin Kelly MD (215) 293-8800 Willow Grove, PA 19090

Radiologist to Read Mammogram in Lactating Woman:

Barbara Cavanaugh, MD (215) 955-5400 Jefferson-Honickman Breast Imaging Center
Kimberly A. Kubek, MD (610) 356-9030 Newtown Square, PA 19073

Breast Thermogram:

The TDI & Health Through Awareness Mission <http://tdinj.com> (856) 596-5834

Chapter 7 - Medical Practices with lactation support staff/or that offer Breastfeeding Medicine

This list is of those currently known to the lactation consultant community. Contact secretary@prolc.org to add more.

Allstar Pediatrics
400 N. Gordon Drive, Exton, PA 19341
(610) 363-1330

Brandywine Pediatrics
3521 Silverside Road, #1F,
Wilmington, DE 19810-4917
(302) 478-8854

Center City Pediatrics
1740 South Street
Philadelphia PA 19146
(215) 735-5600

Drexel Hill Pediatrics
5030 State Rd # 2-900,
Drexel Hill, PA 19026
(610) 623-9080

Jefferson Family Medicine Associates
833 Chestnut Street
Philadelphia, PA 19107
(215) 955-7190

Margiotti and Kroll Pediatrics, P.C.
<http://www.mkpeds.com>
3 offices (Newtown,
Trevose, Warrington)
Lactation Services Voice Mail
(215) 346-6177

Ambler Pediatrics
602 S. Bethlehem Pike
Ambler, PA, 19002-5800
(214) 643-7771

CowpathPediaticrs
108 Cowpath Road, #1
Lansdale, PA 19446
(215) 855-1599

Fairmont Pediatrics and Adolescent
Medicine
2000 Hamilton Street
Philadelphia PA 19130
(215) 774-1166

Philadelphia FIGHT Pediatrics
1207 Chestnut Street
Philadelphia, 19107
(215) 525-8600

Society Hill Pediatrics
1233 Locust Street, Philadelphia 19107
(215) 545-8188

St. Christopher's Outpatient Pediatrics
3645 N. Front St.
Philadelphia PA 19140
(215) 427-5000

Chapter 8 - Business Case for Breastfeeding Assistance

These are lactation professionals who can assist businesses to develop corporate lactation programs.

- Advice on breast pump equipment and resources for employed breastfeeding women
- Provide training for supervisors and staff,
- Consult on breastfeeding-related pages of a company website,
- Teach on-site prenatal and postpartum classes,
- Provide back-to-work consultation for employees returning to work,
- Lead a postpartum breastfeeding employees' support group

Colette Acker IBCLC
(215) 886-2433
Colette@brc4babies
Abington, PA 19001

Lisa Broderick-Cohen BFA, IBCLC
Moorestown, NJ, 08057
(215) 407-1422
lisa@mindful-mothering.com

Elizabeth Brooks JD, IBCLC, FILCA
Wyndmoor, PA, 19038
(215) 836-9088
liz.brooks@yahoo.com

Constance Gleckler IBCLC
Cherry Hill, NJ, 08034
(856) 795-8554

Linda Derbyshire BS, IBCLC
Havertown, PA 19083
(610) 316-9157
lindaderby@verizon.net

Karen Kurtz BSOT, IBCLC
Turnersville, NJ, 08012
(856) 448-4666
karen@breastfeedingsuccessNJ.com

Lisa Mandell MBA, IBCLC
Havertown, PA, 19083
(610) 517-9552
lisa@best4both.com

Katja Pigur, M.Ed., CLC
Director of Breastfeeding Services
Maternity Care Coalition
Philadelphia, PA 19130
(215) 989-3564
kpigur@maternitycarecoalition.org

Services offered:

- 1) Breastfeeding Friendly Employer Certificate Program
- 2) Breastfeeding Friendly Business Decal Program

Janice McPhelin BS, IBCLC
Abington, PA
(215) 886-2433
Janice@BRC4babies

Chapter 9 - Breastfeeding Classes

Classes are open to anyone, no matter where the baby will be born. Fees vary depending on the institution and the client's insurance carrier. The Basic Breastfeeding class is for prenatal women; the Working Mother classes are for prenatal or postpartum women. Support people are welcome.

Philadelphia County

Department of Obstetrics and Gynecology
Einstein Medical Center Philadelphia
5501 Old York Road
Philadelphia, PA 19141
(215) 456-8305

Prenatal childbirth class offered: a one day class on a weekend day. Breastfeeding incorporated into this class. Private insurance pay \$95. Other insurances billed directly.
Centering Pregnancy classes offered include breastfeeding.

Registrar: Jacqueline Neff
Hahnemann University Hospital
Broad and Vine Streets
Philadelphia, PA 19102
(215) 762-4381

Prenatal breastfeeding classes offered 6 Thursdays a year (6 pm to 8 pm) and the 2nd Saturday of the month (10am to noon)
Call for times and dates.
Free for those delivering at Hahnemann; \$20 check or money order per couple if delivering elsewhere.

Sue Stabene
Hospital of the University of Pennsylvania
3400 Spruce Street
Philadelphia, PA 19104
(215) 662-3243
1-800-789-PENN
Six week preparing for childbirth course includes breastfeeding education.

Pennsylvania Hospital
800 Spruce Street, Philadelphia, PA 19107
<https://www.pennmedicine.org/for-patients-and-visitors/find-a-program-or-service/obstetrics/general-obstetric-services/obstetric-services-at-pah/childbirth-classes>
Prenatal breastfeeding class presented monthly (\$35) ; back to work classes. (\$30).
Free for family, friends, and those on medical assistance.

Terry O'Brien Parent Education Coordinator
Thomas Jefferson University Hospital
111 South 11th Street
Philadelphia, PA 19107
(215) 955-6713 1-800-JEFF NOW
See schedule at: <http://hospitals.jefferson.edu/calendar-of-events/maternity/breastfeeding-class/>

Bucks County

Doylestown Hospital
595 West State Street
Doylestown, PA 18901
(215) 345-2121
Breastfeeding, new mothers, and childbirth classes. Register by phone or at:
<https://www.doylestownhealth.org/classes-and-events>
There is a fee for the class.

Grand View Hospital
700 Lawn Avenue
Sellersville, PA 18960
(215) 453-4100
For schedule, costs and registration, visit: <https://www.gvh.org/classes/>

St. Mary Medical Center
Langhorne-Newtown Road
Langhorne, PA 19047
(215) 710-6667
Breastfeeding, childbirth, and maternity classes. For schedule, costs and registration, visit:
<http://www.stmaryhealthcare.org/calendar>
<http://amazingnewborn.com/services/>
(610) 584-6111
Private classes: \$150. 2 support persons allowed.
Judy Crouthamel, RNC, BSN, IBCLC
Souderton, PA.

Chester County

Chester County Hospital
701 East Marshall Street
West Chester, PA 19380
(610) 738-2300
Monthly classes. \$40/couple
<https://www.chestercountyhospital.org/community-wellness-and-education/educational-classes-and-materials/childbirth-education/prenatal-breastfeeding>

Paoli Hospital
255 W. Lancaster Avenue
Paoli, PA 19301
<https://www.mainlinehealth.org/specialties/lactation-and-breastfeeding>

Phoenixville Hospital-Tower Health
140 Nutt Road
Phoenixville, PA 19460
Breastfeeding classes Tuesdays 7p to 9:30 and Saturday mornings from 9a to 11:30
Calendar and registration: <https://phoenixville.towerhealth.org/services/pregnancy-birth/classes-and-support/>

Delaware County

Crozer-Chester Medical Center
Every other month 7:30-9:30
Fee \$25 per couple
1-800-254-3258
610-447-2084
<http://www.crozerkeystone.org/calendar/event-search-results/?TermId=301a31eb-b459-e011-a42c-00505682182a>

Riddle Hospital
1.866.CALL.MLH (225.5654), or you can go on-line to register
<https://www.mainlinehealth.org/events/2019/01/28/1900/prenatal-breastfeeding?id=60944270-92A4-405F-B405-03D03D26F1AE>

Montgomery County

Abington Memorial Hospital
(215) 481-6800
Breastfeeding, childbirth, and newborn classes.
Childbirth Education Department
Registration required. Fee: \$30, Dad & grandparents free!

Bryn Mawr Hospital
Prenatal breastfeeding classes are held monthly from 7-9 PM. Support persons are encouraged to attend.
\$45/couple.
1-866-CALL-MLH(Main Line Health)
www.mainlinehealth.org/evc/Page.asp?PageID=EVC001762&Date=2016-11-28T19:00:00&dateID=163235

Einstein Medical Center Montgomery
Women's Resource Center
633 W. Germantown Pike, Suite 202
Plymouth Meeting, PA 19462
(484) 362-6133 (contact Karen Meade RN, IBCLC)
Register: perinatalclasses@einstein.edu or by phone

Holy Redeemer Hospital
1648 Huntingdon Pike
Meadowbrook, PA 19046
1-800-818-4747
Breastfeeding class offered 1st Tuesday of every month, 7:30-9:30 pm
\$20 per family
<http://www.holyredeemer.com/Main/ChildbirthClasses.aspx>

Debra Werner, RN, CLC
Pottstown Memorial Medical Center
1600 E. High Street
Pottstown, PA 19464
(610) 327-7213, 7200
Schedule at: <http://www.pottstownmemorial.com/pottstown-memorial-medical-center/Events.aspx?calendar=y&date=>

<http://amazingnewborn.com/services/>
Private classes: \$150. 2 support persons allowed.
Judy Crouthamel, RNC, BSN, IBCLC
Souderton, PA.
(610) 584-6111

Chapter 10 - Pumps and Breastfeeding Equipment

Breast pumps come in a range of styles and prices. Selection of a pump depends on its purpose. Multiple-user electric breast pumps used in hospitals or as rental pumps are recommended for long-term, heavy use, such as a mother pumping for a premature infant 8 to 12 times a day or anyone who is exclusively pumping. Double pump kits reduce time spent pumping as both breasts can be pumped at once.

Some insurance companies reimburse for electric breast pump rental when a breastfeeding baby is hospitalized, and require a prescription from the baby's doctor stating the need for the baby to have his or her mother's breast milk. If the mother of a hospitalized baby is WIC eligible, see **Chapter 2, about WIC**, about renting a multiple-user pump.

When a mother and baby are separated for several feedings each day (as with work or school attendance), a multi-user electric rental, a single-user electric breast pump or a manual pump will all work.

When a baby is in NICU or the mother is exclusively pumping, a multi-user (hospital grade) pump is best.

Some rental stations sell pumps, related breastfeeding products and nursing brassieres. Each of the companies listed has a variety of single-user pumps: manual, battery, or small electric pumps that may be purchased, as well as multi-user pumps that can be rented. (Hygeia Baby and Limerick sell multi-user pumps.)

Contact the sites below to find a local durable medical equipment (DME) company that accepts the insurance, or retail provider near to the mother. Or, see **Chapter 12**, about DME companies.

(N.B. Lactation professionals are reporting that some insurance pumps can be of lesser quality than retail pumps, despite being made by the same manufacturer. If a mother reports a diminishing supply, check the suction levels and cycling pattern. Check to see that parts are fitted correctly and tightly, and that any flap or valve is whole and not torn.)

Hollister/Ameda/Egnell

www.ameda.com

485 Half Day Road, Suite 320

Buffalo Grove, IL 60089

(877) 99-AMEDA

Facebook, Google Hangout and

Twitter

Medela, Inc.

www.medela.com

(800) 435-8316

1101 Corporate Drive

McHenry, IL 60050

Facebook, Pinterest, Twitter, Youtube

Hygeia II Medical Group, Inc.

www.hygeiababy.com

2713 Loker Avenue West

Carlsbad, CA 92010 USA

Phone: (888) 786-7466

Fax: (760) 918-0398

Sales@HygeiaBaby.com

Facebook, Google Hangout, Pinterest,

Twitter, Youtube

Limerick, Inc.

www.limerickinc.com

2150 N. Glenoaks Blvd.

Burbank, CA 91504-4327

Phone: 877-limeric (546-3742)

Fax: (818) 566-1260

customerservice@limerickinc.com

Facebook, LinkedIn, Twitter

Spectra Baby USA

www.spectrababyusa.com

6851 SW 21st Court

Suite 1

Davie, FL 33317

Phone: (855) 44-MOMBABY

customerservice@spectrababyusa.com

Facebook and Twitter

Philips USA

www.usa.philips.com

Avent pumps

(800) 542-8368

Tweet your questions to @PhilipsCare

Also Facebook and Youtube

Mothers who are exclusively pumping: <http://exclusivepumping.com/>
<https://www.facebook.com/groups/exclusivelypumpingmoms/>
<https://www.facebook.com/groups/276376349416641/>

Chapter 11 - Scale Rental

Find a BabyWeigh™ scale to rent: <https://www.medelabreastfeedingus.com/bnnsearch/results?search>

(215) 481-6106	Abington Memorial Hospital, Abington, PA
(610) 299-8290	Angela Leonard, West Chester, PA
(302) 478-8854	Angela Leonard, Wilmington, DE
(856) 374-1580	Away Baby Essentials, Deptford, NJ
(215) 886-2433	Breastfeeding Resource Center, Abington, PA
(484) 582-6682	Breastfeeding Resource Center, Wayne, PA
(267) 426-5325	Children's Hospital of Philadelphia
(610) 649-7769	Joanne Siciliano, Ardmore, PA
(888) 848-7867	PPD Homecare, Inc., Mantua, NJ
(215) 829-5046	Solutions for Women, Philadelphia, PA

Mothers with newly discharged late pre-term or premature babies may need to rent an electric breast pump and express milk in addition to breastfeeding, because these babies may be too weak or too young to transfer enough milk to maintain a mother's production. Using a scale that is accurate to 2 grams allows the mother to weigh the baby before and after breastfeeding, to see how much milk the baby drank. She can then feed the baby additional milk that she has expressed, so the baby has enough intake. The additional milk can be fed to the baby by NG tube, cup, spoon, dropper, finger feeding, or bottle. A rule of thumb is that babies should be taking in ounces equal to 2.5 times their weight in pounds each 24 hours.

Parents need to be told how much milk the baby needs in 24 hours, so they can assure an adequate intake. The baby needs to be fed at least eight times in 24 hours. Holding the baby skin-to-skin will help the mother's milk supply, remind the baby to wake up, and will help the baby learn to breastfeed. Close follow-up, at least once weekly visits, by the pediatric care provider is essential for the near-term and premature baby after hospital discharge. Lactation support is also essential until the situation is resolved.

A video that shows how to do test weighing:

www.youtube.com/watch?v=D_REvUIFubc&feature=youtu.be

The Development of an Accurate Test Weighing Technique for Preterm and High-Risk Hospitalized Infants

BREASTFEEDING MEDICINE Volume 4, Number 3, 2009
Haase, Barreira, Murphy, et al.

Chapter 12 - Durable Medical Equipment Companies Providing Breast Pumps

Accelleron Medical Products

<https://acelleron.com/breast-pumps/order/>

Baird Respiratory and Medical Equipment

<https://www.bairdmedical.com/Catalog/Category/11116/Breast-Pumps>

(214) 884-2990

Breast Pump Account Manager: Mary Guntz (267) 970-7045

Bright Medical Technology Inc.

<http://brightmedi.com/>

Contact: Gloribi Nickens (215) 725-6337 ext# 120

Gnickens.brightmedical@gmail.com

<https://www.brightmedi.com/s/search/products/category/Breastfeeding/sort/best-match>

McKesson

on-line ordering and shipping

<https://mpcs.mckesson.com/>

Milk N Mamas Baby

Dublin, PA

<https://www.milknmamasbaby.com/>

Wesley Pharmacy & Medical Equipment

Glenside, PA

<http://www.wesleypharmacy.com/>

Chapter 13 - Common Questions about Clinical Situations

(birth control, contraindications, postpone breastfeeding, handling human milk, traveling with human milk, special situations)

Birth Control and Breastfeeding:

Natural family planning and barrier or drugstore methods are compatible with lactation.

Note that the following methods of contraception do not prevent Sexually Transmitted Diseases (STDs), therefore, condoms should be used in conjunction to decrease the chance of STDs.

"Until better evidence exists, it is prudent to advise women that hormonal contraceptive methods may decrease milk supply especially in the early postpartum period. Hormonal methods should be discouraged in some circumstances (III):

1. existing low milk supply or history of lactation failure
2. history of breast surgery
3. multiple birth (twins, triplets)
4. preterm birth
5. compromised health of mother and/or baby"

[http://www.bfmed.org/Media/Files/Protocols/Contraception During Breastfeeding.pdf](http://www.bfmed.org/Media/Files/Protocols/Contraception_During_Breastfeeding.pdf)

Lactational Amenorrhea Method (LAM): When a baby is 6 months old or less, is totally breastfeeding (i.e. not getting anything else to eat), has all sucking needs met at the breast (i.e. no pacifier), is waking to breastfeed during the night, and the mother has not had a period, breastfeeding affords 98-99% protection from pregnancy.

www.arhp.org/Publications-and-Resources/Patient-Resources/Fact-Sheets/Breastfeeding

Reporting a medication's negative impact on milk supply, infant health or breastfeeding:
<https://www.accessdata.fda.gov/scripts/medwatch/index.cfm?action=reporting.home>

Breastfeeding modifications and restrictions (both permanent and temporary)

<https://www.cdc.gov/breastfeeding/breastfeeding-special-circumstances/contraindications-to-breastfeeding.html> (accessed 2/9/19)

NO breastfeeding or feeding expressed milk to infant:

Infant is diagnosed with classic galactosemia, a rare genetic metabolic disorder¹

Mother is infected with the human immunodeficiency virus (HIV)¹ (Note: recommendations about breastfeeding and HIV may be different in other countries)

Mother is infected with human T-cell lymphotropic virus type I or type II [PDF-805KB] (HTLV – 1/2)¹

Mother is using an illicit street drug, such as PCP (phencyclidine) or cocaine¹ (Exception: Narcotic-dependent mothers who are enrolled in a supervised methadone program and have a negative screening for HIV infection and other illicit drugs can breastfeed)

Mother has suspected or confirmed Ebola virus disease

TEMPORARY Cessation of breastfeeding; NO expressed milk to infant:

Mother is infected with untreated brucellosis

Mother is taking certain medications (always check with Lactmed first)

The mother is undergoing diagnostic imaging with radiopharmaceuticals

Mother has an active herpes simplex virus (HSV) infection with lesions present on the breast (Note: Mothers can breastfeed directly from the unaffected breast if lesions on the affected breast are covered completely to avoid transmission)

TEMPORARY Cessation of breastfeeding; YES expressed milk to infant:

Mother has untreated, active tuberculosis

(Note: The mother may resume breastfeeding once she has been treated appropriately for 2 weeks and is documented to be no longer contagious)

“Breastfeeding should not be discouraged for women being treated with the first-line antituberculosis drugs because the concentrations of these drugs in breast milk are too small to produce toxicity in the nursing newborn. For the same reason, drugs in breast milk are not an effective treatment for TB disease or LTBI in a nursing infant.”

Active untreated tuberculosis

P. 116 (AAP Red Book, 21st edition 2018) “Women with tuberculosis who have been treated appropriately for 2 or more weeks and who are not considered contagious (negative sputum) may breastfeed.” “Breastmilk can be expressed and given to the infant during the short separation.”

Mother has active varicella (chicken pox) infection that developed within the 5 days prior to delivery to the 2 days following delivery

Breastfeeding Interrupted or Postponed:

EXPRESSED MILK CAN BE GIVEN:

Active herpetic lesions on breast:

Cindy Pride, MSN, CPNP, TTUHSC Infant Risk Center <http://www.infantrisk.com>

“If the lesions are on only one breast, mother may continue breastfeeding on the unaffected breast while pumping and discarding on the affected breast. She should keep the affected breast covered and use meticulous hand washing with each breastfeeding session to decrease risk to the infant. If the lesions are on both breasts, she should pump and discard and give an alternative form of nutrition until the lesions are scabbed over (no longer infective). If the lesions are not on the breast, then the mother may breastfeed from both breasts while keeping the affected body area covered.”

<https://www.cdc.gov/tb/topic/populations/pregnancy/default.htm> “Breastfeeding should not be discouraged for women being treated with the first-line anti-tuberculosis drugs because the concentrations of these drugs in breast milk are too small to produce toxicity in the nursing newborn. For the same reason, drugs in breast milk are not an effective treatment for TB disease or LTBI in a nursing infant. Breastfeeding women taking INH should also take pyridoxine (vitamin B6) supplementation.”

Brucellosis: p.415 “Temporary interruption of breastfeeding...pumping and discarding the milkfor the first 48-96 hours of therapy in the mother.”

Gonorrhea:p.416

“Mother should be separated from infant until completion of 24 hours of therapy. Pump and discard for 24 hours.”

Influenza:<https://www.cdc.gov/flu/professionals/infectioncontrol/peri-post-settings.htm>

“CDC recommends that facilities consider temporarily separating the mother who is ill with suspected or confirmed influenza from her baby following delivery during the hospital stay. Throughout the course of temporary separation, all feedings should be provided by a healthy caregiver if possible. Mothers who intend to breastfeed should be encouraged to express their milk.”

MRSA: p. 419 "Management... should be based on severity of disease and whether the infant is premature, LBW, VLBW, previously ill or full term." "Breastfeeding on the affected side in cases of mastitis generally is recommended." P. 116 (AAP Red Book, 31st edition, 2018).

Syphilis: p.789 "Breastfeeding acceptable after 24 hours of effective therapy; discard breastmilk for 24 hours."

Page Sources: RA Lawrence, RM Lawrence: Breastfeeding: A Guide for the Medical Profession (8th Edition). Philadelphia: Elsevier Mosby, 2016

Varicella: Cindy Pride, MSN, CPNP, TTUHSC Infant Risk Center <http://www.infantrisk.com>

"If the lesions are on only one breast, mother may continue breastfeeding on the unaffected breast while pumping and discarding on the affected breast. She should keep the affected breast covered and use meticulous handwashing with each breastfeeding session to decrease risk to the infant. If the lesions are on both breasts, she should pump and discard and give an alternative form of nutrition until the lesions are scabbed over (no longer infective). If the lesions are not on the breast, then the mother may breastfeed from both breasts while keeping the affected body area covered."

Partial Breastfeeding may be possible:

Duarte's galactosemia

<https://www.lli.org/breastfeeding-and-galactosemia-2/>

Phenylketonuria

J Pediatr Nurs. 2012 Aug; 27(4): 319-327

Breastfeed Med. 2014 Apr 1; 9(3): 142-148.

Breastfeeding and infant growth should be regularly monitored after hospital discharge for:

Breastfeeding is a confidence game; whatever the situation, tell the mother to keep the baby close and nurse responsively (8-15 times/ 24 hours) in the first weeks, and bring the baby for weekly weight checks until it is certain that breastfeeding is going well and the baby is gaining appropriately.

Women in the following situations **sometimes** do not produce a full milk supply; therefore, their babies need to be followed with weekly weight checks until the baby demonstrates consistent weight gain:

- Women who have used infertility technology to become pregnant
- Women who do not experience breast changes during pregnancy or during the first postpartum week
- Women who have had breast surgery.
- Women who have asymmetrical breasts
- Women who have hypertension
- Women who are using hormonal birth control.
- Women using a nipple shield (pump 3-4 times/24 hours during first 2 weeks postpartum)

Babies in the following situations **sometimes** have difficult transferring sufficient milk and need weekly follow-up until consistent weight gain is demonstrated:

- Discharged from an intensive care unit
- With special healthcare needs
- With tethered oral tissue (cheek, lip or tongue tie)

Contaminants in Human Milk:

<https://www.cdc.gov/breastfeeding/breastfeeding-special-circumstances/environmental-exposures/index.html>

"Breastfeeding is still recommended despite the presence of chemical toxins. The toxicity of chemicals may be most dangerous during the prenatal period and the initiation of breastfeeding. However, for the vast majority of women the benefits of breastfeeding appear to far outweigh the risks. To date, effects on the nursing infant have been seen only where the mother herself was clinically ill from a toxic exposure."

See: www.ilca.org/files/resources/ilca_publications/EnvironContPP.pdf
www.nrdc.org/breastmilk/default.asp
www.cdc.gov/niosh/topics/ABLES/pdfs/CSTE_2007_Fagan.pdf
www.ncbi.nlm.nih.gov/pmc/articles/PMC2569122/
<https://drive.google.com/file/d/0B6pzivBZDmsXdzq1UHRxaE9hWUE/view?pref=2&pli>

"Lead in breast milk is much lower than in blood; thus, the benefits of breastfeeding generally outweigh the risks."

"Exposure to lead in utero may be the most devastating to a child's development. Recommend BLL < 5 mcg/dl for pregnant women and women considering pregnancy."

Handling Human Milk:

"Expressed human milk does not require special handling (such as universal precautions), as is required for other bodily fluids such as blood. It can be stored in a workplace refrigerator where other workers store food, although it should be labeled with name and date. "

ABM Clinical Protocol #8: Human Milk Storage Information for Home Use for Full-Term Infants
BREASTFEEDING MEDICINE Volume 12, Number 7, 2017

Immunizations and Breastfeeding 2019:

"DO NOT Administer smallpox and yellow fever vaccines to nursing mothers.

<https://www.cdc.gov/breastfeeding/breastfeeding-special-circumstances/vaccinations-medications-drugs/vaccinations.html>

www.cdc.gov/breastfeeding/recommendations/vaccinations.htm

Jaundice and Breastfeeding:

Primary Prevention: "Frequent breastfeeding (8–12 times or more in 24 hours) is crucial both to increase infant enteral intake and to maximize breast emptying, which is essential for the establishment of milk supply. Feeding anything before the onset of breastfeeding delays the establishment of good breastfeeding practices and may hinder milk production, increasing the risk of reduced enteral intake and exaggerated hyperbilirubinemia. There is a positive association between the number of breastfeeds a day and lower TSB (total serum bilirubin)."

"When discussing any treatment options with parents, healthcare providers should emphasize that all treatments are compatible with continuation of breastfeeding.

"Do not supplement infants with anything other than mother's own expressed milk in the absence of a specific clinical indication." .

"First and best supplement is expressed own mother's milk. It can be hand expressed into a small cup or spoon and directly fed to the infant."

"If own mother's milk is not available, supplementing with donor human milk will increase enteral intake."

"It may be necessary to supplement with infant formula if neither own mothers' milk nor donor human milk is available. The impact of introducing formula to an exclusively breastfed infant must be considered"

"Supplementation of breastfeeding should preferably be undertaken using a cup, spoon, syringe, or supplemental nursing system (if infant is latching) simultaneously with or immediately following each breastfeed. Nipples/teats and bottles should be avoided where possible. However, there is no evidence that any of these methods are unsafe or that one is necessarily better than the other."

ABM Clinical Protocol #22: Guidelines for Management of Jaundice in the Breastfeeding Infant 35 Weeks or More of Gestation—Revised 2017

<https://abm.memberclicks.net/assets/DOCUMENTS/PROTOCOLS/22-jaundice-protocol-english.pdf>

Surgery and Breastfeeding:

ABM Clinical Protocol #15: Analgesia and Anesthesia for the Breastfeeding Mother, Revised 2017

Mothers with healthy term or older infants can generally resume breastfeeding as soon as they are awake, stable, and alert. (IV) Resumption of normal mentation is a hallmark that medications have redistributed from the plasma compartment (and thus generally the milk compartment) and entered adipose and muscle tissue where they are slowly released.

Brief procedures

“Mothers who have undergone dental extractions or other short procedures requiring the use of single doses of medication for sedation and analgesia can breastfeed as soon as they are awake and stable. Although shorter-acting agents such as fentanyl and midazolam may be preferred, single doses of meperidine/pethidine or diazepam are unlikely to affect the breastfeeding infant.^{1,5} (III) Local anesthetics given by injection or topical application are considered safe for breastfeeding mothers.^{2,3} (IV)”

Perioperative considerations

Breastfeeding mothers undergoing anesthesia or sedation should be scheduled as the first case of the day when possible to allow for minimal fasting times.

Encourage breastfeeding (or breastmilk feeding) when:

A baby has a cleft lip or palate or any congenital anomaly or disorder
A baby is jaundiced
A baby has diarrhea or otherwise ill
A baby is two, three, four years old or older
A mother is nursing 1, 2 or 3 other children
A woman is pregnant
A woman has twins, triplets, or quadruplets (as many as seven!)
A woman is a teenager or post-menopausal
A woman needs a mammogram
A woman has had breast surgery
A woman is adopting a baby (even if she has never been pregnant)
A woman has a breast infection
A woman has had cancer and is recovered
A woman has had an organ transplant
A woman has had gastric bypass surgery (she needs to keep taking her post-bypass vitamin supplements, particularly B-12, as prenatal vitamins may not be enough).

A mother has C. Difficile, hepatitis (A, B and C), toxoplasmosis, west Nile virus, or zika. (CDC 2017) Check sources for most current information.

- 1) https://www.cdc.gov/breastfeeding/disease/west_nile_virus.htm
- 2) RA Lawrence, RM Lawrence: Breastfeeding: A Guide for the Medical Profession (8th Edition). Philadelphia: Elsevier Mosby, 2016
- 3) www.infantrisk.com

Traveling with Human Milk:

<https://www.tsa.gov/travel/special-procedures/traveling-children>

“TSA officers may need to test liquids for explosives or concealed prohibited items. Officers may ask you to open the container and/or have you transfer a small quantity of the liquid to a separate empty container or dispose of a small quantity, if feasible.”

Inform the TSA officer if you do not want the formula, breast milk and/or juice to be X-rayed or opened. Additional steps will be taken to clear the liquid and you or the traveling guardian will undergo additional screening procedures, to include a pat-down and screening of other carry-on property.”

“Formula, breast milk, juice in quantities greater than 3.4 ounces or 100 milliliters are allowed in carry-on baggage and do not need to fit within a quart-sized bag. Remove these items from your carry-on bag to

be screened separately from the rest of your belongings. You do not need to travel with your child to bring breast milk.”

Traveling with a Breast Pump:

<https://www.tsa.gov/travel/security-screening/whatcanibring/items/breast-pump>

Carry On Bags: Yes

Checked Bags: Yes

Nursing Stations at Philadelphia International Airport

<https://www.phl.org/Pages/Passengerinfo/Mothers-Nursing-Station.aspx>

Storage Duration of Fresh Human Milk for Use with Healthy Full Term Infants

TABLE 1. MILK STORAGE GUIDELINES

<i>Location of storage</i>	<i>Temperature</i>	<i>Maximum recommended storage duration</i>
Room temperature	16–29°C (60–85°F)	4 hours optimal 6–8 hours acceptable under very clean conditions
Refrigerator	~4°C (39.2°F)	4 days optimal 5–8 days under very clean conditions
Freezer	<-4°C (24.8°F)	6 months optimal 12 months acceptable

Reference: Academy of Breastfeeding Medicine. (2017) [Clinical Protocol Number #8: Human Milk Storage Information for Home Use for Healthy Full Term Infants\[PDF-125k\]](#). Princeton Junction, New Jersey: Academy of Breastfeeding Medicine. Available

Chapter 14 - APPS for breastfeeding and pumping

Baby Connect (\$4.99) Tracks everything related to baby: diapers, feeding, growth, meds, sleep, and vaccines; caregivers can log in too; everybody can be synched together

Baby Feeding Log (free) – allows new parents to record all the basics for nursing, diapers, and sleeping

Baby Nursing (free) - for breast, bottle, and formula feeding mothers

Breastfeeding Central (\$3.99) created by an IBCLC

Breastfeeding Management (free) – complete informational resource for breastfeeding moms developed by Massachusetts Breastfeeding Coalition

iBabyLog (free) – tracks sleeping, breastfeeding, diaper changes, mood, baths

Feed Baby – Baby Tracker: (free) tracks everything about baby

Glow Baby (free) – has educational sections and networking

Latch Me (free) This app is full of resources for a breastfeeding mom to find local support. It includes help finding locations to breastfeed, doctors and lactation consultants nearby and more. You can also add nursing or pumping locations to the app as you find them.

Mamava App Download to find places to nurse, and the code for unlocking pods

Milk Maid (\$2.99) rated the best by a site for those exclusively pumping:
<https://exclusivepumping.com/breast-pumping-apps-which-is-the-best/>

Nancy Morbacher Breastfeeding Solutions (\$4.99). An interactive app developed by an IBCLC that guides a mother through 30 common situations. Has articles section too.

NICU Baby APP

<https://www.marchofdimes.org/nicufamilysupport/my-nicu-baby-app.aspx>

Nursing Room Locator Moms Pump Here (free) Find quiet and private nursing rooms, lactation lounges, and breastfeeding friendly places to breastfeed their baby or express breast milk. You can add locations.

Pump Log (free for first 50 uses, then \$6.99)

Pumpspotting <https://www.pumpspotting.com/> “it's facebook meets yelp. meets boob.”

App for prenatal education: <http://www.coffective.com/learn/>

<https://itunes.apple.com/us/app/coffective/id849901936>

The Milk Man app (free) Just for dads. <http://pifistudy.net.au/milkman>
The Milk Man smartphone app is designed specifically for men about breastfeeding and early parenting.

Total Baby (\$4.99) Log anything, caregivers can log in too, everything can be synched together.

For mothers away from home looking for a Mamava pod:

<https://www.mamava.com/mobile-app/>

Chapter 15 - Selected Websites for Breastfeeding & Related Resources

The Internet is a continually expanding universe. Type the relevant phrase into a search engine. There are more sites about any topic than are listed here.

Many organizations have Facebook pages, Twitter accounts, Instagram, and other media platforms.

Advocacy and Political Action

Baby Milk Action www.babymilkaction.org

Best for Babes www.bestforbabes.org (No longer updated; still full of good things.)

Ban the Formula Discharge Bags www.banthebags.org

CDC Guide to Breastfeeding Interventions (2005)

http://www.cdc.gov/breastfeeding/pdf/breastfeeding_interventions.pdf

CDC Guide to Strategies to Support Breastfeeding Mothers and Babies (2013)

Surgeon-General Regina Benjamin's Call to Action (2011)

www.surgeongeneral.gov/library/calls/breastfeeding

World Alliance for Breastfeeding Action www.waba.org.my

BabyFriendly Hospital Initiative Resources

BabyFriendly USA <https://www.babyfriendlyusa.org/>

Training and Tools <https://coffective.com/>

Billing Codes

American Academy of Pediatrics (AAP) <http://www2.aap.org/breastfeeding/files/pdf/coding.pdf>

Need an account to gain access

Billing Codes: www.cms.gov/medicare-coverage-database/staticpages/icd-10-code-lookup.aspx

Billing Codes for Lactation www.icd10data.com/ICD10CM/Codes/O00-O9A/O85-O92/O92-/O92.79

Donna Sinnott, lactation coding expert: https://peacelovebreastfeeding.com/Home_Page.html

ACOG Toolkit <https://www.acog.org/-/media/Departments/Toolkits-for-Health-Care-Providers/BreastfeedingToolkit.pdf?dmc=1&ts=20180210T1243313837>

Blogs

Healthy Children www.ourmilkyway.org

ILCA <https://lactationmatters.org>

A listing of blogs: <https://lactationmatters.org/2012/06/19/great-breastfeeding-blogs-to-read/>

Privately sponsored blogs:

<http://www.sheknows.com/parenting/articles/1020825/best-breastfeeding-blogs>

<http://www.thebadassbreastfeeder.com>

<https://themilkmeq.com/milk-meq-blog/>

<https://womenshealthtoday.blog/about/>

<http://mammalssuck.blogspot.com/> (from scientist Katie Hinde PhD)

<http://www.lizbrooksibclc.com/news/> (from a lawyer/IBCLC)

Books, AV materials, videos, brochures for sale

Childbirth Graphics/WRS Group www.childbirthgraphics.com

Praeclarus Press (formerly Hale Publishing) www.praeclaruspress.com

Injoy www.injoyvideos.com

Noodle Soup: www.noodlesoup.com

Kay Hoover and Barbara Wilson-Clay www.breastfeedingmaterials.com

Breastfeeding/Lactation Organizations

(Offer courses, educational materials and conferences)

Academy of Lactation Policy and Practice www.talpp.org

Appalachian Breastfeeding Network <https://www.appalachianbreastfeedingnetwork.org/>

Breastfeeding Resource Center <https://breastfeedingresourcecenter.org/>

Carolina Global Breastfeeding Institute <https://sph.unc.edu/cgbi/carolina-global-breastfeeding-institute/>

Healthy Children www.healthychildren.cc

International Board of Lactation Consultant Examiners www.iblce.org

International Lactation Consultant Association www.ilca.org

La Leche League International (LLLI) www.llli.org

National Association of Professional and Peer Supporters of Color <http://napplsc.org>

Wellstart International www.wellstart.org/resources.html

Breastfeeding Help Sites (for Mothers and for Providers)

Biological Nurturing www.biologicalnurturing.com

Breastfeeding After Reduction: www.bfar.org (breastfeeding after all types of breast surgery)

Breastfeeding/Nursing Aversion & Agitation <https://www.breastfeedingaversion.com/about-me>

Department of Health and Human Services www.womenshealth.gov/breastfeeding/

Dysphoric Milk Ejection <https://www.d-mer.org/>

KellyMom.com

UNC Lactation Program Clinical protocols and parent handouts
https://www.mombaby.org/all-resources/?fwp_resource_category=patient-education

Lactnet (*listserv for lactation professionals and breastfeeding helpers only*)

Search Google for "LACTNET"

Facebook page (*LACTWORLD*) *by invitation only*

Mothers Overcoming Breastfeeding Issues (MOBI):

http://www.mobimotherhood.org/?fbclid=IwAR2tAFgTAg_4QEJn_0q1v6Yi9LSszdGuh9ZNNvH69O9Cx8wxKynBUgFJMVk

Newborn Weight Tool www.newbornweight.org/

Stanford University: <http://med.stanford.edu/newborns/professional-education/breastfeeding.html>

Childbirth and Doula Organizations

Birthing from Within www.birthingfromwithin.com

BirthWorks www.birthworks.org

Childbirth and Postpartum Professional Association www.cappa.net

Coalition to Improve Maternity Services (CIMS) www.motherfriendly.org

Doulas.com <http://www.doulas.com/>

(Includes **Operation Special Delivery**, a program that provides free doulas for women whose babies' fathers are in the military.)

Doulas of North America <http://www.dona.org>

Hypnobirthing www.hypnobirthing.com

ICAN OF SOUTHEASTERN PA (International Cesarean Awareness Network)

southeastern.pa@ican-online.org

<https://www.facebook.com/icanofsepa/>

International Center for Traditional Childbearing

<https://www.mrgfoundation.org/grantees/international-center-traditional-childbearing/>

International Childbirth Education Association www.icea.org

Lamaze International, Inc. www.lamaze.org

Pennsylvania Association of Certified Professional Midwives www.pacpm.org

Pettaway Pursuit Foundation <http://www.pettawaypursuitfoundation.org/>

Philadelphia Alliance for Labor Support

<http://www.palsdoulas.com/about-pals/> (Free doulas)

Philly Doula Cooperative www.phillydoulacoop.com

Spinning Babies <https://spinningbabies.com/>

Child Care/Early Childhood Education Programs

Breastfeeding & Early Childhood Educators Pennsylvania

www.ecels-healthychildcarepa.org/publications/health-link-online/item/437-breastfeeding-early-childhood-educators

Breastfeeding Information for Child Care Providers

<http://www.health.state.mn.us/divs/oshii/bf/childcare.htm>

Caring for Our Children: National Health and Safety Performance Standards; Guidelines for Early Care and Education Programs, 3rd Edition (CFOC3) <http://nrckids.org/>

Carolina Breastfeeding-Friendly Child Care Initiatives

<https://sph.unc.edu/cgbi/breastfeeding-friendly-child-care/>

CDC Support for Breastfeeding in Early Childhood Education

www.cdc.gov/breastfeeding/pdf/strategy6-support-breastfeeding-early-care.pdf

What to Do if an Infant or Child Is Mistakenly Fed Another Woman's Expressed BreastMilkwww.cdc.gov/breastfeeding/recommendations/other_mothers_milk.htm

New York State Department of Health Breastfeeding Friendly Child Care:

<https://www.health.ny.gov/prevention/nutrition/cacfp/breastfeedingspon.htm>

Minnesota Department of Health Breastfeeding Information for Child Care Providers:

<http://www.health.state.mn.us/divs/oshii/bf/childcare.html>

US Department of Agriculture CACFP Breastfeeding and Childcare

<https://healthymeals.fns.usda.gov/resource-library/child-and-adult-care-food-program/breastfeeding-and-child-care>

Children with Special Health Care Needs

All babies do better when fed human milk; breastfeeding may or may not be possible.

Breastfeeding a Baby with Cardiac Disease:

<http://www.chop.edu/pages/breastfeeding-baby-congenital-heart-disease>

<https://www.ncbi.nlm.nih.gov/pubmed/30694819> (review article supporting use of human milk for babies with CHD)

Breastfeeding a Baby with Cleft Lip and/or Palate:

<https://abm.memberclicks.net/assets/DOCUMENTS/PROTOCOLS/27-breastfeeding-an-infant-or-young-child-with-insulin-protocol-english.pdf>

Breastfeeding a Baby with Down's Syndrome

<https://juliasway.org/brochure> (available in English and in Spanish)

Breastfeeding a Baby with Insulin-Dependent Diabetes

<https://abm.memberclicks.net/assets/DOCUMENTS/PROTOCOLS/27-breastfeeding-an-infant-or-young-child-with-insulin-protocol-english.pdf>

HRSA

<https://mchb.hrsa.gov/nsch/07cshcn/national/1chhc/1hbr/pages/01b.html>

Kelly Mom

<http://kellymom.com/ages/newborn/nb-challenges/bfhelp-baby/>

La Leche League, International

<https://www.llli.org/breastfeeding-info/special-needs/>

Chronic Conditions in the Mother

Blind: <https://nfb.org/images/nfb/publications/brochures/blindparents/parentingwithoutstight.html>
<http://www.llli.org/llleaderweb/lv/lvsepoct92p67.html>

Deaf: <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4112581/>
<http://www.youtube.com/watch?v=P53LvHkJrYE>
<http://www.youtube.com/watch?v=m36FCJLQLGs>

Disability: <http://www.disabledparenting.com/nursing/>
https://www.disabledparenting.com/breastfeeding-advice-for-mothers-with-disabilities/?fbclid=IwAR3YZNYOg9ZrwRcZ8fciCctApH8-IMwzJg_DrABA_4MmJiAQwUdW5r0QSgg

<https://blog.themobilityresource.com/blog/post/10-amazing-products-for-parents-with-disabilities>

http://en.hesperian.org/hhg/A_Health_Handbook_for_Women_with_Disabilities:Breastfeeding_the_baby

For Parents with Physical Disabilities: <http://www.lookingglass.org>

Substance Abuse Disorder:

<https://abm.memberclicks.net/assets/DOCUMENTS/PROTOCOLS/21-drug-dependency-protocol-english.pdf>

College Education in Lactation

Drexel University

<http://drexel.edu/cnhp/academics/undergraduate/Human-Lactation-Consultant-Program>

Maternal-Child Health: Union Institute and University

Lactation Consulting, BS <https://myunion.edu/academics/bachelors/maternal-child-health/>

Competition

It is a good idea to know what the organized opposition to breastfeeding is doing. Resistance is a teacher.

Fearless Formula Feeder <http://www.fearlessformulafeeder.com>

Fed is Best <https://fedisbest.org>

The Skeptical OB <http://www.skepticalob.com>

Employed outside the home and breastfeeding **(see also Workplace Information)**

<https://www.lli.org/breastfeeding-info/working-and-breastfeeding/>

<https://www.workingmother.com/breastfeeding-strategies-for-working-mom#page-3>

<https://www.womenshealth.gov/breastfeeding/breastfeeding-home-work-and-public/breastfeeding-and-going-back-work>

Facebook Groups

Search and ask to join (there are thousands of pages).

Black Mothers Do Breastfeed
Chinese Speaking Breastfeeding Support
Exclusively Pumping Mamas
Latina Breastfeeding Coalition
Native American Breastfeeding Coalition of Washington
Pan-India
Postpartum Mood Disorders Affect Women of Color Too
Postpartum Support International
TransReproductiveSupport/
Thai

Fathers

Dad's Adventure:

<http://www.dadsadventure.com/dadsblog/how-dads-can-help-with-breastfeeding/> - sthash.BE9vz4hl.dpbs

Fathers Hold Key to Breastfeeding Success:

<http://breastfeeding.nichq.org/stories/fathers-breastfeeding-supportFormula>

WIC: <https://wicbreastfeeding.fns.usda.gov/sites/default/files/2018-06/Fathers%20Can%20Support%20Breastfeeding%20Poster.pdf>

Foreign Language Materials (Free)

Baby-Friendly UK /UNICEF <https://www.unicef.org.uk/babyfriendly/baby-friendly-resources/foreign-language-resources/>

(Arabic, Bengali, Hindi, Lithuanian, Mandarin, Polish, Romanian, Slovak, Turkish)

<http://www.Breastcrawl.org>, materials in over **80** languages

<http://www.Ethnomed.org>

[https://www.healthinfotranslations.org/information/breastfeeding_basics/653043/Integrating cultural information into clinical practice.](https://www.healthinfotranslations.org/information/breastfeeding_basics/653043/Integrating_cultural_information_into_clinical_practice) (10 languages)

https://www.healthinfotranslations.org/information/breastfeeding_problems/860741/ (10 languages)

HealthReach/National Library of Medicine

<https://healthreach.nlm.nih.gov/document/535/Breastfeeding-Basics> (10 languages)

La Leche League of Canada <http://www.lllc.ca/thursdays-tip-breastfeeding-resources-arabic>

La Leche League International (Breastfeeding in Emergencies)

<https://www.llli.org/breastfeeding-info/infant-feeding-emergencies-multilingual/>

Lactation Education Resources

<https://www.lactationtraining.com/resources/educational-materials/handouts-parents>

Massachusetts Breastfeeding Coalition <http://massbfc.org>

Philadelphia Department of Public Health Materials in 14 languages

<http://www.phila.gov/health/MCFH/BreastfeedingPromotion.html>

FREE Handouts

Academy of Breastfeeding Medicine <http://www.bfmed.org>

Offers free educational podcasts on iTunes, has twenty-five clinical protocols

Crib Cards

http://www.portal.state.pa.us/portal/server.pt/community/breastfeeding_awareness/14206/crib_card/1737013

Carolina Global Breastfeeding Institute <https://sph.unc.edu/cqbi/resources-ready-set-baby/>

Diaper Recording Logs (English and Spanish)

www.cdph.ca.gov/programs/breastfeeding/Documents/MO-DiaperInfoEng.pdf

www.cdph.ca.gov/programs/breastfeeding/Documents/MO-DiaperInfoSpan.pdf

FitWIC Baby Behavior Study:

https://wicworks.fns.usda.gov/wicworks/Sharing_Center/gallery/FitWICBaby.htm - staff

Growth Charts

http://www.cdc.gov/growthcharts/who_charts.htm

Massachusetts Breastfeeding Coalition

<http://massbreastfeeding.org/handouts/>

U.S.D.A./W.I.C.

<https://wicworks.fns.usda.gov/nutrition-education/participant-resources/breastfeeding-moms>

Growth Velocity Charts

Girls-- http://www.who.int/childgrowth/standards/velocity/sft_weight_girls_1mon_p.pdf?ua=1

Boys-- http://www.who.int/childgrowth/standards/velocity/sft_weight_boys_1mon_p.pdf?ua=1

Lactation Education Resources

www.lactationtraining.com/resources/educational-materials/handouts-parents/handouts-lactation

Free and in many languages

Pennsylvania Department of Health (crib cards, door hangers)

Pennsylvania Breastfeeding Awareness and Support Program

<https://www.health.pa.gov/topics/programs/Breastfeeding/Pages/Breastfeeding.aspx>

In English and Spanish

Philadelphia Department of Public Health: <https://phillylovesbreastfeeding.org/>

USDA WIC Works Resource System: <https://wicworks.fns.usda.gov/resources/breastfed-babies-welcome-here>

Formula

American Family Physician:

<https://www.aafp.org/afp/2009/0401/p565.html?fbclid=IwAR1n6kKLnINpvaDhXfx7oAFGyv2kgwybpxqoVA7RmIL1qneTNxSWP2sgLRQ>

European formulae:

HIPP: <https://organicstart.com/hipp/>

HOLLE: <https://organicstart.com/holle/cow/stage-1/product>

FDA regulation of formula

<http://www.fda.gov/food/guidanceregulation/guidancedocumentsregulatoryinformation/infantformula/default.htm>

How to find the safest organic formula

<http://foodbabe.com/2013/05/28/how-to-find-the-safest-organic-infant-formula/>

Safe Preparation of Powdered Infant Formula

<http://www.cdc.gov/Features/Cronobacter/>

Human Milk: Handling and Storage

CDC: https://www.cdc.gov/breastfeeding/recommendations/handling_breastmilk.htm

https://www.cdc.gov/breastfeeding/recommendations/other_mothers_milk.htm

Academy of Breastfeeding Medicine

<http://www.bfmed.org/Resources/Protocols.aspx>

ABM Clinical Protocol #8: Human Milk Storage Information for Home Use for Full-Term Infants, rev. 2017

Office of Women's Health

<http://www.womenshealth.gov/breastfeeding/employer-solutions/common-solutions/milk-handling.html>

International Organizations

La Leche League, International www.llli.org

UNICEF <http://www.unicef.org>

World Health Organization (WHO) <http://www.who.int/topics/breastfeeding/en>

WHO Growth Charts http://www.who.int/childgrowth/standards/chart_catalogue/en/index.html

World Alliance for Breastfeeding Action <http://waba.org.my/>

Lactating People of Color

Black Women Do Breastfeed <https://blackwomendobreastfeed.org>

Latina Breastfeeding Coalition <http://www.Youtube.com/channel/UCB2Vi6vx9aR-i7enkG2Q>

National Association of Professional and Peer Supporters of Color <http://www.napplsc.org/>

Native American <https://indiancountrymedianetwork.com>

Reaching Our Sisters Everywhere <http://www.breastfeedingrose.org>

W.K. Kellogg Foundation <http://www.wkkf.org/>

Large-sized nursing bras

<http://www.decentexposures.com>

http://www.bare necessities.com/Nursing--Maternity-Bras-Plus-Size-Bras_catalog_nxs,47,style,12.htm?amsk=riejwn8874

Breastfeeding Resource Center, Abington PA 215-886-2433
Breastfeeding Resource Center, Wayne, PA 484-582-6682

<http://www.bravadodesigns.com/us/collections/plus-size-nursing-bras-tanks>

<http://www.nursingbraexpress.com/category/all-nursing-bras>

www.braspectrum.com

www.qieqielingerie.com/bras.php#

Laws and Legal Issues

Breastfeeding Laws by State <http://www.breastfeedinglaw.com>

National Conference of State Legislatures

<http://www.ncsl.org/research/health/breastfeeding-state-laws.aspx>

Human Relations Commission Philadelphia

<https://www.phila.gov/departments/philadelphia-commission-on-human-relations/>
Monitors and supports Philadelphia ordinances permitting breastfeeding outside the home and pumping in the workplace

United States Breastfeeding Committee Federal Workplace Law

<http://www.usbreastfeeding.org/workplace-law>

About the break time for nursing mothers law:

<https://www.dol.gov/whd/nursingmothers/>

United States Department of Labor <http://www.dol.gov/whd/nursingmothers/>

Women's Law Project Philadelphia and Pennsylvania laws

<https://www.womenslawproject.org/workplace-equality/breastfeeding-rights/>

Custody Issues (attachment, court letter, parenting plans, visitation):

- (1) http://www.lizbrooksibclc.com/2018/08/19/protecting-breastfeeding-while-in-a-divorce-or-custody-dispute/?fbclid=IwAR2MaELTVRvFxqVs19mVjfRAFwaY7_G_yhoyUrfxwrAIInK9U_u6F4dd67M
- (2) <http://www.pabreastfeeding.org/news/protecting-breastfeeding-while-in-a-divorce-or-custody-dispute/>
- (3) <http://theleakyboob.com/2011/02/a-journey-through-breastfeeding-and-visitation/>
- (4) <http://kathydettwyler.weebly.com/2014-court-letter.html>
- (5) www.breastfeedingor.org/wp-content/uploads/2012/10/BCOCoparentingPlan.pdf
- (6) <https://web.archive.org/web/20161121102359/http://www.breastfeedingor.org/wp-content/uploads/2012/10/BCOCoparentingPlan.pdf>
- (7) <http://www.attachmentparenting.org/parentingtopics/special-areas/divorce-custody-blendedfamilies>
- (8) <http://www.newswise.com/articles/overnights-away-from-home-affect-children-s-attachments-uva-study-shows>
- (9) <https://web.archive.org/web/20170326173603/http://www.lli.org/law/lawus.html>

The Pregnant Scholar <https://thepregnantscholar.org/>

Pregnant at Work: includes guidelines for physicians to support their patients rights
<https://www.pregnantatwork.org/healthcare-professionals/breastfeeding/>

Talking to your Boss About Your Pump:
<https://breastfeedingnm.org/wp-content/uploads/2018/03/Talking-To-Your-Boss-About-Your-Pump.pdf>

LGBTQIA

<https://dianawest.com/lgbtqia-resources/>

<http://www.lesbianmommies.com/lesbian-mommies-start-here/>

<https://www.pennmedicine.org/for-patients-and-visitors/find-a-program-or-service/lgbt-health>

<https://www.goodreads.com/book/show/29851357-where-s-the-mother-stories-from-a-transgender-dad>

Locations to breastfeed or pump while traveling

<https://momaboard.com/traveltip/airport-nursing-rooms-united-states/>

Philadelphia Airport:
<https://www.phl.org/Pages/Passengerinfo/Mothers-Nursing-Station.aspx>

Medical Organizations

Academy of Breastfeeding Medicine www.bfmed.org

American Academy of Family Practice www.aafp.org/home.html

American College of Obstetrics and Gynecology www.acog.org
<https://www.acog.org/-/media/Departments/Toolkits-for-Health-Care-Providers/BreastfeedingToolkit.pdf?dmc=1&ts=20180210T1243313837>

American Academy of Pediatrics (AAP) www.aap.org/breastfeeding

Medical Staff Training

American Academy of Pediatrics
<https://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/Breastfeeding/Pages/Curriculum-Tools.aspx>
<https://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/Breastfeeding/Pages/Breastfeeding-Educational-Resources.aspx>

Community Health Training Institute
<https://www.hriainstitute.org/breastfeedingcme/>

First Latch <http://www.firstlatch.net/>

Maryland Department of Health (free)
https://phpa.health.maryland.gov/mch/Pages/Hospital_Breastfeeding_Physician_Training.aspx

Open Pediatrics
<https://www.openpediatrics.org/>
Register with OPEN Pediatrics and then can search "bella" or "breastfeeding" to find the course.

School of Public Health, University at Albany, State University of New York
https://www.albany.edu/sph/cphce/preventionagenda_breastfeeding.shtml

Wellstart <http://welstart.org>

National Organizations

Baby-Friendly Hospital Initiative, USA www.babyfriendlyusa.org

California Department of Public Health

www.cdph.ca.gov/HealthInfo/healthyliving/childfamily/Pages/BirthandBeyondCaliforniaDescription.aspx
Hospital Breastfeeding Quality Improvement & Staff Training Project

Centers for Disease Control www.cdc.gov/breastfeeding

CDC's Nutrition, Physical Activity, and Obesity: Data, Trends and Maps (can be filtered to review state-specific breastfeeding data) <https://www.cdc.gov/nccdphp/dnpao/state-local-programs/index.html>

CDC's Breastfeeding Report Cards (includes national and statelevel data)
www.cdc.gov/breastfeeding/data/reportcard.htm

CDC's Maternity Practices in Infant Nutrition and Care (mPINC) Survey (measures breastfeeding-related maternity care practices at all intrapartum care facilities in the United States, including variation by states) www.cdc.gov/BREASTFEEDING/data/mpinc/index.htm

CDC's Breastfeeding: Strategies and Resources

<https://www.cdc.gov/nccdphp/dnpao/state-local-programs/breastfeeding.html>

Department of Health and Human Services www.womenshealth.gov/breastfeeding

Healthy People 2020 www.healthypeople.gov/HP2020

March of Dimes (for statistics and information about preterm babies)
<http://www.marchofdimes.com>

United States Breastfeeding Committee www.usbreastfeeding.org

United States Lactation Consultant Association www.uslca.org

WIC/Food & Nutrition Services

<http://www.wicworks.fns.usda.gov/nutrition-education/participant-resources/breastfeeding-moms>
https://wicworks.fns.usda.gov/wicworks//Sharing_Center/gallery/FitWICBaby.htm
<https://wicworks.fns.usda.gov/>

Philadelphia/Pennsylvania Organizations

Maternity Care Coalition www.maternitycarecoalition.org

Philadelphia Department of Public Health

<http://www.phila.gov/health/MCFH/BreastfeedingPromotion.html>

Pennsylvania Breastfeeding Coalition www.pabreastfeeding.org

Pennsylvania Department of Health Breastfeeding Program

<https://www.health.pa.gov/topics/programs/Breastfeeding/Pages/Breastfeeding.aspx>

Keystone 10 Initiative:

<https://www.health.pa.gov/topics/programs/Breastfeeding/Pages/Keystone-10-Initiative.aspx>

Pennsylvania Resource Organization of Lactation Consultants www.prolc.org

Where to find an IBCLC; information about minority scholarship

Podcasts about breastfeeding

Academy of Breastfeeding Medicine:

<https://itunes.apple.com/us/podcast/breastfeeding-medicine-podcast/id417009927?mt=2>

All Things Breastfeeding: <https://bfcaa.com/atb-001-welcome-to-the-all-things-breastfeeding-podcast/>

Breastfeeding Outside the Box <http://breastfeedingoutsidethebox.libsyn.com/>

La Leche League International <http://www.llli.org/podcasts.html>

Kathleen Kendall-Tackett <http://www.kathleenkendall-tackett.com/podcasts-podcasts.html>

New Mommy Media <http://www.newmommymedia.com/the-boob-group/>

Postpartum Depression/Mood Adjustment Disorder

CAP4Kids

<http://cap4kids.org/philadelphia/parent-handouts/pregnancy-resources-and-infants/post-partum-resources/>

CDC's Depression Among Women of Reproductive Age

www.cdc.gov/reproductivehealth/Depression/

Dr. Katherine-Kendall Tackett www.UppityScienceChick.com

Jabina Coleman MSW, IBCLC <https://lifehouseorg.weebly.com/>

Penn Center for Behavioral Wellness www.med.upenn.edu/womenswellness/

Postpartum Support International www.postpartum.net/locations/pennsylvania/
<http://www.postpartum.net/>

Premature Infants

Breastfeeding premature infants

<https://www.pinterest.com/mom2momglobal/breastfeeding-preemies/>

<http://health.ucsd.edu/specialties/obgyn/maternity/newborn/nicu/spin/Pages/default.aspx>

Nutritional Support of the Very Low Birth Weight Infant

<https://www.cpqcc.org/resources/nutritional-support-vlbw-infant>

Pumping

Keeping Breast Pump Kit Clean

<https://www.cdc.gov/healthywater/hygiene/healthychildcare/infantfeeding/breastpump.html>

Mothers who are exclusively pumping <http://exclusivepumping.com/>

Tips and Tricks <https://biglatchon.org/a-tips-and-tricks-guide-to-exclusively-pumping-by-sylvia-noyes/>

Research Publications and Sites

AHRQ Meta-analysis" Breastfeeding and Maternal and Infant Health Outcomes in Developed Countries <http://archive.ahrq.gov/clinic/tp/brfouttp.htm> (2007)

(2018) <https://effectivehealthcare.ahrq.gov/topics/breastfeeding/research>

Childbirth Connection (formerly Maternity Center Association)

Free downloads, including the Milbank Report and the Listening to Mothers survey
www.childbirthconnection.org

The Cochrane Collaboration <http://www.cochrane.org/search/site/breastfeeding>

PubMed (National Library of Medicine) www.ncbi.nlm.nih.gov/entrez/query.fcgi?db=PubMed

Skin to skin Care (Huge current bibliography)
<http://www.kangarooocareusa.org/uploads/KCBIB2018.pdf>

Sleep

AAP Guidelines <http://pediatrics.aappublications.org/content/early/2016/10/20/peds.2016-2938>

ABM Protocol <https://abm.memberclicks.net/assets/DOCUMENTS/PROTOCOLS/6-cosleeping-and-breastfeeding-protocol-english.pdf>

Infant Sleep Information Source <https://www.basionline.org.uk/>

Safe to Sleep <https://www.nichd.nih.gov/sts/Pages/default.aspx>

Safe Sleep 7 <http://www.lli.org/sweetsleepbook/infographic>

Streaming Videos for Teaching

Youtube is a source for videos. Please review video topics, as there can be contamination from the porn industry. ☹

Breast Massage <http://www.bfmedneo.com>
<https://vimeo.com/65196007>

Global Health Media Project

A wealth of videos about childbirth, breastfeeding, care of small babies, baby wraps, jaundice, assessment, hand expression and more. In many languages (English, Spanish, Swahili and more.)
<https://www.youtube.com/user/globalhealthmediaorg>

Gentle Cesarean Section <http://www.youtube.com/watch?v=m5ivEYQQ380>

Hand Expression of Human Milk

<http://newborns.stanford.edu/Breastfeeding/HandExpression.html>
<http://www.unicef.org.uk/BabyFriendly/Resources/AudioVideo/Hand-expression>
<http://ammehjelpen.no/handmelking?id=907>
<https://www.youtube.com/watch?v=1eAICXUxw14> (English and Spanish)
<https://vimeo.com/65196007>

Gestalt Breastfeeding

<https://education.possumsonline.com/programs/gestalt-breastfeeding-online-program>

Human Milk for Tiny Humans <https://vimeo.com/190696865?ref=fb-share>

Important Findings Published About Common Labor Medications and Breastfeeding Success

<https://www.youtube.com/watch?v=gX44xcS995k>

International Breastfeeding Centre (from Dr. Jack Newman)

<https://ibconline.ca/breastfeeding-videos-english/>

16 Clips illustrate: reverse pressure softening, vasospasm, use of lactation aides, breast compression, tongue-tie release, and latching.

Increasing Milk Supply by Hands-On Pumping: (pumping for a premature infant and for return to work)

<http://newborns.stanford.edu/Breastfeeding/MaxProduction.html>

Initiation of Breastfeeding and Skin to Skin <http://breastcrawl.org>

Narrated in: English, Italian, Marathi, Spanish

Video Script in: French, Hindi, Italian, Marathi, Spanish

Sub-titles in Bengali, English, Gujarati, Hindi, Kannada, Malayalam, Marathi, Oriya, Punjabi, Tamil, Telugu, Urdu

<http://people.stfx.ca/abigelow/dvds-mother-infant-skin-to-skin-contact.htm>

<http://globalhealthmedia.org/portfolio-items/early-initiation-of-breastfeeding/>

The Magical Hour: <https://video.healthychildren.cc/us/Bestsellers/c/4/The-Magical-Hour/p/18193>

Laid-back breastfeeding <http://www.biologicalnurturing.com/video/bn3clip.html>

Latch Trick <http://www.drmomma.org/2010/08/breastfeeding-latch-trick.html>

Paced Bottle-Feeding

<http://www.youtube.com/watch?v=UH4T700SzGs&feature=youtu.be>

www.youtube.com/watch?v=gJlx_vJv06o

Beckman side-lying <https://www.youtube.com/watch?v=5e1KBtjYYns>

Pain Management During Newborn Screening:

<https://www.youtube.com/watch?v=L43y0H6XEH4> (breastfeeding and skin to skin)

Prenatal Education <http://www.naturalbreastfeeding.com>

Reverse Pressure Softening http://www.youtube.com/watch?v=2_RD9HNR0J8

Therapeutic Breast Massage <https://vimeo.com/65196007>

Transportation for those who need assistance to get to medical appointments

<http://www.logisticare.com/>

Workplace Breastfeeding Information

Babies at Work <http://www.babiesatwork.org>

Breast Pumps and Insurance Information:

www.hhs.gov/healthcare/facts-and-features/fact-sheets/breast-pumps-and-insurance-coverage-what-you-need-to-know/index.html

Discrimination Against Breastfeeding Workers: <https://www.pregnantatwork.org/breastfeeding-report-fullpage/>

FAQs about Affordable Care Act Implementation <http://www.dol.gov/ebsa/faqs/faq-aca29.htm>

FMLA information

www.law.georgetown.edu/workplaceflexibility2010/law/fmlaFiles/fmla_DataPoints.pdf

How to Keep Your Breast Pump Kit Clean

<https://www.cdc.gov/healthywater/pdf/hygiene/breast-pump-fact-sheet.pdf>

Internet home for information about breastfeeding for working moms.

www.workandpump.com

Where to file a complaint when an employer doesn't provide accommodations for nursing employees.

<http://www.dol.gov/wecanhelp/howtofilecomplaint.htm>

In Philadelphia: Human Relations Commission

<http://www.phila.gov/humanrelations/Pages/default.aspx>

Information for employers about FMLA <https://www.dol.gov/whd/fmla/employerguide.htm>

Nursing Rooms Locator – Enter Zip Code to Search <https://www.momspumphere.com/>

Chapter 16 - Sources of Donor Human Milk for Preterm and Sick Infants

Human Milk Bank Association of North America www.hmbana.org

(This professional association sets standards and guidelines for donor milk banks.)

2 Pennsylvania Milk Banks:

1) CHOP Mothers' Milk Bank Only for babies at CHOP.

2) Mid-Atlantic Mother's Milk Bank

3127 Penn Ave., Pittsburgh, PA 15201

(412) 281-4400

<https://midatlanticmilkbank.org/>

Offer 6 kinds of milk: colostrum, low dairy, defatted, cream, term, and preterm. Bridge milk program

Reimbursement for donor human milk:

"Insurance may pay for outpatient donor milk when there is a documented medical need. Coverage for donor milk is evolving in our region, and we are seeing more cases being covered. In August of 2017, the Pennsylvania Department of Human Services added Medicaid coverage for medically indicated donor milk. Donor milk may also be purchased using employee Health Flexible Spending Accounts. Parents need to contact their employer for more information."

<https://midatlanticmilkbank.org/order/>

PROLACTA Bioscience

<http://www.prolacta.com>

A source of human milk products (human milk fortifier, milks of different caloric content, and trophic feeds) for babies in the NICU:

To Donate Milk:

- (1) Contact Ohio Health Mothers' Milk Bank
- (2) Contact <http://www.mothersmilk.coop/>
- (3) Mothers' Milk Bank Northeast has a Breast Milk Depot at 3331 Street Road, Bensalem, PA. Contact: Kristen Quinn (267) 972-8008 or kquinn@acelleron.com
- (4) [Breastfeeding Resource Center locations in Abington and Wayne are collecting depots for the Mid-Atlantic Milk Bank](#)

Informal Milk Sharing Sites (also have Facebook pages)

Eats on Feets: www.eatsonfeets.org (includes 4 Pillars of Safe Breast Milk Sharing)

Human Milk for Human Babies: www.hm4hb.net

Published materials about community or informal breastmilk sharing:

1) American Academy of Nursing on Policy

[www.nursingoutlook.org/article/S0029-6554\(15\)00336-X/pdf](http://www.nursingoutlook.org/article/S0029-6554(15)00336-X/pdf)

2) Karleen D. Gribble (2013): Perception and management of risk in Internet-based peer-to-peer milk-sharing, Early Child Development and Care, DOI:10.1080/03004430.2013.772994

3) FDA

<http://www.fda.gov/ScienceResearch/SpecialTopics/PediatricTherapeuticsResearch/ucm235203.htm>

4) Spatz, DL (2016): Informal Milk Sharing. MCN Am J Matern Child Nurs. 41(2):125

5) Academy of Breastfeeding Medicine's 2017 Position Statement on Informal Breast Milk Sharing for the Term Healthy Infant.

Sriraman Natasha K., Evans Amy E., Lawrence Robert, Noble Lawrence, and the Academy of Breastfeeding Medicine's Board of Directors. Breastfeeding Medicine. Volume 13 (1), 2018

Chapter 17 - Drugs in Lactation

Drug Information in Spanish <http://www.e-lactancia.org/>

LactMed (FREE on-line drug database)
<http://toxnet.nlm.nih.gov/cgi-bin/sishtmlgen?LACT>
Free App available for iPhones and Androids
For healthcare professionals.

The Lactation Center at the University of Rochester Medical Center
(585) 275-0088

For healthcare professionals.

Medications & Mothers' Milk: A Manual of Lactational Pharmacology
By Thomas W. Hale, PhD

Fabulous reference book, updated every two years
For healthcare professionals.
Has an app for sale.

Infant Risk Center

Dr. Thomas Hale's website for answering questions about medications for pregnant and nursing mothers
<http://www.ttuhscc.edu/infantrisk>
<http://infantrisk.org>

(806) 352-2519 Monday-Friday 8am-5pm Central time.
For healthcare professionals and parents

Mommymeds.com

Information for parents about medications, procedures, and surgery and breastfeeding.
<http://mommymeds.com/>
Has an app.

Use of Contrast Media in Lactation

<http://www.radiology.ucsf.edu/patient-care/patient-safety/ct-mri-pregnancy/lactation>

"Lactating women who receive iodinated contrast or gadolinium can continue breast feeding without interruption."

American College of Radiology 2016 Manual
<https://www.acr.org/Quality-Safety/Resources/Contrast-Manual> (pp. 101- 102 specific to breastfeeding)

"Because of the very small percentage of iodinated contrast medium that is excreted into the breast milk and absorbed by the infant's gut, we believe that the available data suggest that it is safe for the mother and infant to continue breast-feeding after receiving such an agent."

"Because of the very small percentage of gadolinium-based contrast medium that is excreted into the breast milk and absorbed by the infant's gut, we believe that the available data suggest that it is safe for the mother and infant to continue breast-feeding after receiving such an agent."

Reporting a medication's negative impact on milk supply, infant health or breastfeeding:

(Parents and professionals can file a report.)

<https://www.accessdata.fda.gov/scripts/medwatch/index.cfm?action=reporting.home>