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Chapter 1 – Introduction and Statistics

Send corrections to: nikki.lee@phila.gov

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/data/reportcard.htm

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<thead>
<tr>
<th></th>
<th>U.S.</th>
<th>Pennsylvania</th>
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<tr>
<td>Initiation %</td>
<td>83.2</td>
<td>83.8%</td>
</tr>
<tr>
<td>Breastfeeding at 6 Months %</td>
<td>57.6</td>
<td>59.2%</td>
</tr>
<tr>
<td>Breastfeeding at 12 months %</td>
<td>35.9</td>
<td>39.0%</td>
</tr>
<tr>
<td>Exclusive Breastfeeding % at 3 Months</td>
<td>46.9</td>
<td>48.9%</td>
</tr>
<tr>
<td>Exclusive Breastfeeding % through 6 Months</td>
<td>24.9</td>
<td>25.6%</td>
</tr>
<tr>
<td>Breastfed infants supplemented with formula: before 2 days:</td>
<td>17.2%</td>
<td>14.4%</td>
</tr>
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</table>

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.”


2017 average Initiation in Philadelphia Hospitals: 81.9%

PA Hospital of the University of Pennsylvania Health System: 99%
Hospital of the University of Pennsylvania 78%
Temple University Hospital: 65%
Albert Einstein Medical Center: 79%
Hahnemann University Hospital: 76%
Thomas Jefferson University Hospital: 77%
Children’s Hospital of Philadelphia 99% (personal communication Diane Spatz PhD, FANN, RN)

2018 Average Duration in Philadelphia

57% at two months (any breastfeeding or feeding pumped milk)

mPINC scores for Pennsylvania and Philadelphia 2018 data are currently being analyzed.

Scores based on a scale of 0 to 100.

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<thead>
<tr>
<th></th>
<th>2013</th>
<th>2015</th>
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<tr>
<td>Pennsylvania mPINC score</td>
<td>74</td>
<td>76</td>
</tr>
<tr>
<td>Philadelphia mPINC score</td>
<td>76</td>
<td>78</td>
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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.

Breastfeeding Peer Counselors at NORTH, Inc. are all Certified Lactation Counselors and each Philadelphia WIC office has a Lactation Counselor or Lactation Consultant available for breastfeeding support. To find your local WIC site and telephone number, see attached listings or go to <www.northwic.org/locations>. Call ahead to check when the counselor is available.

Multi-user, hospital-grade pumps are available to a mother whose infant is in a Philadelphia hospital for a prolonged period. These pumps are requested by the delivery hospital. To request a pump, she must be a WIC participant 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.

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.)

Coordinator of the Philadelphia WIC breastfeeding program:
Denise Sobolewski CLC
1300 West Lehigh Ave., Suite 104 Philadelphia, PA 19132
215-978-1600 X11
dsobolewski@northwic.org

Pennsylvania WIC, State Breastfeeding Coordinator:
Tiffany R. Myers, MS, RD, LDN, CLC
tiffany.myer@pa.gov
Public Health Nutrition Consultant | State Breastfeeding Coordinator
Bureau of Women, Infants and Children (WIC)
Pennsylvania Department of Health
625 Forster Street, 7th Floor West | Harrisburg, PA 17103
Phone: 717.783.1289 | Mobile Phone: 717.941.9206 | Fax: 717.705.0462
www.health.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 Chelten Avenue, Suite 102
Philadelphia, PA 19144
(215) 248-1500, 1501

**Mobile WIC Office**
1300 West Lehigh Ave., Suite 104
Philadelphia, PA 19132

**North Philadelphia WIC Office**
1300 West Lehigh Ave., Suite 104
Philadelphia, PA 19132
(215) 229-3786

**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) 463-9571, 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)
Greater Philadelphia HELPLINE: (610) 666-0359 (9a to 9p)
LLL 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        Marilynn 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

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

Advocate Society Hill Pediatrics
1st and 3rd Thursdays 11:30-1 $15
Drop-ins welcomed.
Register: (215) 545-8188
Beverly Viscusi CRNP, IBCLC

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 Philadelphia
Assunta (Sue) Grobels
(215) 805-9461 suegrobels@gmail.com
https://www.facebook.com/groups/lalechephilly/about/

LLL of Eastern PA  http://www.lllofeasternpa.org
Philadelphia area Helpline: 610-666-0359 lllofphilly@gmail.com

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

Einstein Philadelphia
Lactation Line (215) 456-5751
Support group every Tuesday 10-noon
Paley Building, 1st floor conference room
FREE.  No registration necessary.

Hospital of the University of Pennsylvania
Warmline:  (215) 662-2361
Every 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

Kith+ Kin
(215) 645-2196 info@kithkin-community.com
3060 W. Jefferson Street, Philadelphia 19121 (Brewerytown)
Breastfeeding group meets every Thursday at 1 pm

La Leche League of Philadelphia
https://www.facebook.com/groups/284848551549523

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
West Philadelphia: every other Wednesday 10am to noon, Studio 34 4522 Baltimore Avenue, Philadelphia
South Philadelphia: every other Wednesday 10 am to noon, Bok Building (1902 S.9th Street, Space 519)

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

Minnow Lane
(215) 291-1875 minnowlanePhilly@gmail.com
2029 Frankford Avenue, Philadelphia, 19125 (Fishtown)
Classes, groups, and store

Nurse Family Partnership
The Latch Café    Monthly Get-together    1080 N. Delaware Avenue, Philadelphia 19125 3rd floor
Every other 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 Group
833 Chestnut Street, Suite 301 (small conference room)
Tuesdays at 12-1pm (except on legal holidays)
FREE. No registration necessary.

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.

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<th>Health Center 2</th>
<th>Health Center 9</th>
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<tr>
<td>1700 South Broad Street, Unit 201</td>
<td>131 East Chelten Avenue</td>
</tr>
<tr>
<td>Tuesdays (1st, 3rd, 4th &amp; 5th), 9 am – 1 pm</td>
<td>1st and 3rd Thursdays, 9 am – 12 pm</td>
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<tr>
<td>Thursdays, 8 am – 12 pm</td>
<td>3rd: Ta’Hirah Williams, IBCLC</td>
</tr>
<tr>
<td></td>
<td>1st: Galissa Jones, CLC</td>
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<tr>
<th>Health Center 3</th>
<th>Health Center 10</th>
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<tbody>
<tr>
<td>555 S. 43rd Street</td>
<td>2230 Cottman Avenue</td>
</tr>
<tr>
<td>Wednesdays, 9 am – 2:30 pm</td>
<td>Thursdays, 8:30 am – 11:30 am</td>
</tr>
<tr>
<td>Ta’Hirah Williams, IBCLC</td>
<td>Ana Tapia, CBC (English and Spanish)</td>
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<tr>
<th>Health Center 4</th>
<th>Strawberry Mansion Health Center</th>
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<tr>
<td>4400 Haverford Avenue</td>
<td>2840 Dauphin Street</td>
</tr>
<tr>
<td>Mondays (2nd &amp; 4th), 9 am – 12 pm</td>
<td>Wednesdays, 8 am – 12 pm</td>
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<tr>
<td>Galissa Jones, CLC</td>
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<tr>
<th>Health Center 5</th>
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<tbody>
<tr>
<td>1900 North 20th Street</td>
<td>216 West Somerset Street</td>
</tr>
<tr>
<td>Mondays 9 am – 12 pm</td>
<td>Mon., Wed., &amp; Fri., 8:30 am – 5 pm</td>
</tr>
<tr>
<td>Ta’Hirah Williams, IBCLC</td>
<td>Tuesdays &amp; Thursdays, 1 pm – 5 pm</td>
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<tr>
<th>Health Center 6</th>
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<tbody>
<tr>
<td>321 West Girard Avenue</td>
<td>Ana Tapia, CBC (English and Spanish)</td>
</tr>
<tr>
<td>Tuesdays, 8:30 am – 11:30 am</td>
<td></td>
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<tr>
<td>Ana Tapia, CBC (English and Spanish)</td>
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Want to find out more before you come to a health center? Call our counselors directly:

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

Bucks County

Doylestown Hospital Breastfeeding Mothers’ Group
Every Thursday 10-11am Conference Room J
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

The Pennsylvania Resource Organization for Lactation Consultants  |  www.prolc.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

St. Mary's Medical Center
Every Tuesday 12:30-2
Parenting Resource Center
Free, no registration needed

Chester County

Chester County LLL  https://www.lllchestercounty.org/
LEADERS:  Shelly  (484)  604-0880  kierkar@alumni.psu.edu
      Kristina  (610)-321-0419  kristina@pasqualefamily.com
      Judy  (610) 363-6206  japolley@verizon.net
      Jill  (484) 999-0848  jilmowry@gmail.com
      Kara  karallllc@yahoo.com

Downingtown LLL  Meetings: 4th Tuesday every month 7:30 pm
Pre-registration required (610) 363-6206

Exton/Lionville LLL  Meetings: 2nd Wednesday monthly 7:30 pm
Pre-registration required: (610) 363-6206

Kimberton LLL  Meetings: 1st Tuesday every month 10 am
Centennial Evangelical Lutheran Church
1330 Hares Hill Road

West Chester LLL  4th Wednesday every month 9:30 am
Suite 302, 600 E. Marshall Street

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

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 Friday 10am to noon. St. John’s Lutheran Church, 355 St. John’s Circle, Phoenixville
No need to RSVP

North Penn Nursing Mothers of Harleysville and Lansdale
Marilynne Boone: (610) 584-4013
http://www.northpennnursingmothers.org/
https://www.facebook.com/NorthPennNursingMothers/

Nursing Mothers’ Alliance:
(610) 251-9405  nursingmothersalliance@yahoo.com
http://nursingmothersalliance.org/
Tuesdays 10 am Wegmans Café, Collegeville

Penn Medicine Chester County Hospital
(610) 738-2582
Groups meet at the hospital Mira Room
1st Saturday at 1 p.m.
3rd Monday at 11 am
Phenixvile Hospital
Groups meet every 2nd Wednesday of the month 6:30 to 8:30 pm
Medical Office Building 3rd floor board room
https://phoenixville.towerhealth.org/classes-events/search-results-detail/?eventId=739226be-f89e-e811-a2cb-001dd9b71cd7

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

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

Breastfeeding Mother’s Group at Riddle Hospital
Tuesdays 12:00 noon-1:00 pm  Health Care Center #4
The Rothman Institute Building  2nd Floor Conference Room
Free Parking in West Parking Garage, level 2.
There is a scale for weighing the baby
Tania Kirkpatrickm IBCLC, facilitator  (484) 227-3252

Delaware County WIC
Kathy Tyrrell  (484) 472-7022
For Chester, Springfield and Upper Darby

Haverford YMCA every Friday from 10-11am
open to all, 891 N. Eagle Rd, Havertown
Brooke Azevedo IBCLC

La Leche League in Media
www.lllusa.org/web/DelCoMainLinePA.html
3rd Thursday at 10 am  327 N. Middletown Road, Media, PA  19063
610-892-9787  Barbara Crozier  bcropet@hotmail.com
610-357-5376 Stephanie Leonetti  Cedrone.stephanie@gmail.com
Facebook on-line meeting 1st Wed. 8 PM
Ask to join: La Leche League of Delaware County and the Main Line

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

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

Pettaway Pursuit: The Lactation Station
Every other Friday 1-2 pm
11 Owen Avenue Lansdowne PA 19050
Registration: 610-553-5479 or info@theppf.org

Montgomery County

Abington Jefferson Health
Baby Talk meets 2 mornings a month in Willow Grove. Free
Mommies and Munchkins meets 1 evening a month in Willow Grove. Free
Register at:  https://www.abingtonhealth.org/services-specialties/womens-health/maternity/
**B4 Village**
Latch & Learn with IBCLC Breast/Chestfeeding Group
319 W. Ridge Pike, Limerick, PA 19468
Thursdays 11 am
Scale available for weighted feeds

**BRC Abington Support Group**
1355 Old York Rd. Suite 301
Abington, PA 19001
Every Tuesday from 10 AM - 12 PM
First hour facilitated by an IBCLC
Free weight checks available.

**BRC at KOP Support Group**
987 Old Eagle School Rd.
Wayne, PA 19087
Every Wednesday from 10 AM - 12PM
First hour facilitated by an IBCLC
Free weight checks available

**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

**Center City Pediatrics Bala Cynwyd**
33 Rock Hill Rd, Ste 170
(610) 257-9000
Support group every other week alternating Wednesday and Thursday morning

**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 WomenCareand 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.lllofeasternpa.org/web/MontgomeryCentralPA.html
(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**
illmontcoeast@gmail.com
https://www.facebook.com/groups/189408902698/
(215) 886-1693 Mary Ann Albert, Oreland bomaph1@comcast.net
(215)-771-1193 MyLisa Shipanga mylisamk@gmail.com
(267) 342-0329 Andy Mehrotra dandyhome@comcast.net
(617) 650-4436 Theresa

10- 11:30 am meetings every 1st Wednesday of the month
Weaver’s Way Co-op, 217 E. Butler Avenue, Ambler
Evening meetings every 3rd Monday 7 pm at private homes
North Penn Nursing Mothers of Harleysville and Lansdale
http://www.northpennnursingmothers.org/
Call Marilynn at (610) 584-4013 for practical advice and encouragement.

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
Tuesdays 10 am Wegman’s Café (behind the Pub) Collegeville, PA

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
nursingmothersalliance@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

Online 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 Breastfeeding Support
https://www.facebook.com/groups/LLLIBreastfeeding.Support/


See FACEBOOK Section in Website Chapter

For Physicians: www.drmilk.org
Chapter 4 - Hospital and Birth Center Programs

Hospital-based lactation professionals assist mothers and babies when they are in the hospital. Hospital-based lactation professionals provide free service and counseling only for patients delivering at that hospital.

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**

Lactation Line: (215) 456-5751
Jane Dougherty RN, IBCLC
Pager: 866-988-7098
3 permanent IBCLCs
Einstein Breastfeeding Center
(215) 456-6936
Rachel Gazda IBCLC
*Einstein Medical Center Philadelphia*
5501 Old York Road
Philadelphia, PA 19141

(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

(215) 955-6665
Helen Costa RN, IBCLC
1 CLC, 2 CBC, and 2 IBCLC
*Thomas Jefferson University Hospital*
1225 B Pavilion Building
117 South 11th Street
Philadelphia, PA 19107-4998

(215) 427-MILK
Deborah Sandrock, MD, IBCLC
Newborn & Breastfeeding Center
*St. Christopher's Center for the Urban Child*
160 E. Erie Avenue
Philadelphia, PA 19134

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

**Pennsylvania Hospital**

Warmline: (215) 829-3644
4 IBCLC permanent staff
4 IBCLC per diem
CBCs, CLCs, and IBCLCs as part of nursing staff

Outpatient Clinic:
Mon-Fri by appointment
All insurance and no insurance okay.

Solutions for Women
700 Spruce Street
Garfield Duncan Building, Suite B-3
Philadelphia, 19107


(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.

**Bucks County**

(215) 345-2972  
Janice McPhelin, IBCLC  
*Doylestown Hospital*  
595 West State Street  
Doylestown, PA 18901

(215) 710-5988  
1 CLC and 3 IBCLCs  
*St. Mary Medical Center*  
Langhorne-Newtown Road  
Langhorne, PA 19047

(215) 453-4594  
Phyllis Young RN, ICCE, IBCLC  
*Grand View Hospital*  
700 Lawn Avenue  
Sellersville, PA 18960

**Chester County**

(610) 738-2582  
4 IBCLCs  
*Penn Medicine Chester County Hospital*  
701 E. Marshall Street  
West Chester, PA 19380

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

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

**Delaware County**

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

(484) 227-3252  
Tara Kirkpatrick, BSN, RN, RNC-MNN, 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
Lesley McDonald, RN, BSN, IBCLC
4 IBCLCs on staff
Abington Memorial Hospital
1200 Old York Road
Abington, PA 19001

(484) 622-2226
Einstein Medical Center Montgomery
559 West Germantown Pike
East Norriton PA, 19403

(494) 337-8241
Jillian Hatch, 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](http://www.talpp.org)

Find a local International Board-Certified Lactation Consultant: [https://pro-lc.org/find-an-lc/](https://pro-lc.org/find-an-lc/)

**Abington Jefferson Health**
Breastfeeding Support Services Outpatient office
(215) 481-6106
Christine Ilik RN, BSN, IBCLC

**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](http://www.breastfeedingresourcecenter.org)

**North Philadelphia Community Doula & Breastfeeding Programs**
(free home-based or telephone breastfeeding education and support)
Maternity Care Coalition
Naima Black, Full Spectrum Doula, CLC
Desk: (215) 386-3806. Ext. 3804
nblack@maternitycarecoalition.org

Michelle Sutton, CLC
MSutton@maternitycarecoalition.org
3141 Germantown Avenue, REAR
(215) 850-6631
Prenatal Education and postpartum breastfeeding support by CLCs and Peer Counselors via phone and home visits.
AFTER 3/1/20: NEW ADDRESS: 3401 I Street, Philadelphia, 19134

**Healthy Start/ Division of Maternal, Child, and Family Health/ Philadelphia Department of Public Health** (free Health Center or Home support)
Ta’Hirah Williams IBCLC
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 are available Monday-Friday at both our Bryn Mawr location and our South Philadelphia satellite office (1214 Moore St). Call to schedule an appointment.
We accept most major insurance including Keystone First, Aetna Better Health, United Healthcare, Highmark, and many more. (Copays may apply.)
Call for more information 610-525-6086.

**B4 Village – for Birth, Babies, Boobs & Beyond**
319 W. Ridge Pike, Limerick, PA
www.b4village.org
(484) 854-3804
karen@b4village.org
Karen Meade, Rn, IBCLC, LCCE, CPST & Michelle Hudasko, IBCLC
IBCLC office visits available 7 days/week. In-network provider with Aetna, Independence Blue Cross, UPMC Health Plan and many other BC/BS plans. Generous sliding scale available for uninsured/underinsured clients.
<table>
<thead>
<tr>
<th>LOCATION</th>
<th>NAME</th>
<th>AREA COVERED (for home visits)</th>
<th>CONTACT INFO</th>
<th>OFFICE OR HOME VISITS</th>
<th>OTHER SERVICES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Abington</td>
<td>Breastfeeding Resource Center</td>
<td>Louisa Brandenburger, IBCLC</td>
<td>Phone: (215) 886-2433 Website: <a href="http://www.BRC4Babies.com">www.BRC4Babies.com</a> Facebook: Breastfeeding Resource Center</td>
<td>Office Visits 1355 Old York Road Abington, 19001</td>
<td>• Breast pump rentals &amp; sales • $10 Weight checks • Scale rentals • Nursing bras, pillows, stools, &amp; breastfeeding accessories • Support group meetings &amp; parent classes • Aetna provider • Independence Blue Cross provider</td>
</tr>
<tr>
<td>Abington, Glenside</td>
<td>Andrea Bulera Judge, MPH, IBCLC</td>
<td>Eastern Montgomery County, Central Bucks, North/Northeast/Northwest Philadelphia</td>
<td>Phone: 215 266 1076 Email: <a href="mailto:lactation@andreajudgeibclc.com">lactation@andreajudgeibclc.com</a> Website: <a href="http://www.andreajudgeibclc.com">www.andreajudgeibclc.com</a></td>
<td>Home visits only</td>
<td>• Aetna Provider • Independence Blue Cross Provider</td>
</tr>
<tr>
<td>Ambler, Glenside</td>
<td>Alessha Burke, BS, IBCLC</td>
<td>Ambler, Glenside, Dresher, Horsham, Abington and within 30 minutes of these areas.</td>
<td>Phone: 202 991 7284 Email: <a href="mailto:lactation@aleeshaburkeibclc.com">lactation@aleeshaburkeibclc.com</a> Website: <a href="http://www.aleeshaburkelactation.com">www.aleeshaburkelactation.com</a></td>
<td>Home Visits</td>
<td>• Aetna Provider • Independence Blue Cross provider</td>
</tr>
<tr>
<td>Berks</td>
<td>Michelle Hudasko, IBCLC</td>
<td>Berks County Chester County Montgomery County</td>
<td>Phone: 267 614 0169 Email: <a href="mailto:info@empowered-postpartum.com">info@empowered-postpartum.com</a> Website: <a href="http://www.empowered-postpartum.com">www.empowered-postpartum.com</a></td>
<td>Home Visits</td>
<td>• Aetna provider • Independence Blue Cross • Postpartum doula</td>
</tr>
<tr>
<td>Berks County</td>
<td>Vicky Sullivan, IBCLC</td>
<td>Berks and surrounding counties</td>
<td>Phone: (917) 742-2659 Email: <a href="mailto:vickysullivantlc@gmail.com">vickysullivantlc@gmail.com</a> <a href="https://vickysullivantlc.wixsite.com/vickysullivanthelact">https://vickysullivantlc.wixsite.com/vickysullivanthelact</a> <a href="https://www.facebook.com/Victoria-Sullivan-IBCLC-Lactation-Consultant-1541729032795176/">https://www.facebook.com/Victoria-Sullivan-IBCLC-Lactation-Consultant-1541729032795176/</a></td>
<td>Home Visits</td>
<td>• Independence Blue Cross provider</td>
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<tr>
<td>Bryn Mawr</td>
<td>Lifecycle WomanCare and the Birth Center</td>
<td>Nikki Graham, CLE Patty Siegrist, IBCLC Amy Siegrist, IBCLC Cara Puff, IBCLC Elizabeth Larkin, IBCLC</td>
<td>Phone: (610) 525-6106 Email: <a href="mailto:psiegrist@lifecyclewomancare.org">psiegrist@lifecyclewomancare.org</a> Website: <a href="http://www.lifecyclewomancare.org">www.lifecyclewomancare.org</a></td>
<td>Office Visits 918 County Line Road Bryn Mawr 19010</td>
<td>• Aetna provider • Independence Blue Cross provider • Other major insurance • Breastfeeding support groups in Phoenixville, Rosemont, West Philadelphia • Breastfeeding classes for expectant couples</td>
</tr>
<tr>
<td>Bucks and Montgomery Counties</td>
<td>Margiotti &amp; Kroil Pediatrics</td>
<td>Suzi Garrett, IBCLC</td>
<td>Offices in Newtown, Trevose, Warrington, NE Philadelphia, &amp; Horsham</td>
<td>Office Visits</td>
<td>• Aetna provider • Independence Blue Cross provider</td>
</tr>
<tr>
<td>Bucks County/Levittown</td>
<td>Breastfeeding Helper PC</td>
<td>Gail Dittes, IBCLC</td>
<td>Phone: 267-879-5000 Email: <a href="mailto:GailDittes@Breastfeedinghelper.com">GailDittes@Breastfeedinghelper.com</a> Website: <a href="http://www.Breastfeeding">www.Breastfeeding</a> Helpers.com <a href="http://www.facebook.com/GailDittesRN">www.facebook.com/GailDittesRN</a></td>
<td>Home Visits</td>
<td>• Aetna provider • Independence Blue Cross provider</td>
</tr>
<tr>
<td>County/Location</td>
<td>Name</td>
<td>Practice Details</td>
<td>Contact Information</td>
<td>Services</td>
<td>Accepts Payment</td>
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<tr>
<td>Bucks County Warminster</td>
<td>Vera Khvedelidze, IBCLC</td>
<td>Bucks County: Doylestown, Newtown, Northampton, Southampton, Warminster, Wallick, Montgomery County: Abington, Hatboro, Horsham, Lower Moreland, Philadelphia County: Northeast Philadelphia</td>
<td>Phone: 267 318 5115 Fax: 267 538 5038 Email: <a href="mailto:verkhvedelidze@gmail.com">verkhvedelidze@gmail.com</a> Website: <a href="http://www.aiaconsult.com">www.aiaconsult.com</a> Facebook: @verakhvedelidzeibclc</td>
<td>Home visits</td>
<td>• Aetna provider • Speaks English, Georgian and Russian • MD (OB/GYN)</td>
</tr>
<tr>
<td>Bucks County York</td>
<td>BabyCentric Concepts LLC</td>
<td>Bucks and Mercer counties: Camden County: Burlington County</td>
<td>Email: <a href="mailto:info@babycentricconcepts.com">info@babycentricconcepts.com</a> Website: <a href="http://www.babycentricconcepts.com">www.babycentricconcepts.com</a> Facebook: <a href="https://Facebook.com/BabyCentricConcepts.com">https://Facebook.com/BabyCentricConcepts.com</a></td>
<td>Home visits</td>
<td>Tel-lactation visits for established patients</td>
</tr>
<tr>
<td>Camden County and Collingswood, NJ</td>
<td>South Jersey Breastfeeding @ The Village</td>
<td>Collingswood, NJ: Camden County</td>
<td>Email: <a href="mailto:info@thevillagesj.com">info@thevillagesj.com</a></td>
<td>Office Visits 915 Haddon Ave. Collingswood, NH</td>
<td>Prenatal and Postpartum Wellness, Education and Support</td>
</tr>
<tr>
<td>Collegeville</td>
<td>Linda Muller, RN, BSN, IBCLC</td>
<td>Western Montgomery County and Main Line</td>
<td>Phone: 610 733 5966 Email: <a href="mailto:Linda.K.Muller@gmail.com">Linda.K.Muller@gmail.com</a></td>
<td>Home Visits</td>
<td>• Aetna provider • Independence Blue Cross provider</td>
</tr>
<tr>
<td>Delaware County</td>
<td>Brooke Azevedo, BS, IBCLC</td>
<td>Delaware and Philadelphia Counties</td>
<td>Phone: (805) 709-1133 Email: <a href="mailto:brookeazevedo@gmail.com">brookeazevedo@gmail.com</a> Website: <a href="mailto:brookeaevevedo@gmail.com">brookeaevevedo@gmail.com</a></td>
<td>Office Visits Home Visits</td>
<td>• Aetna provider • Independence Blue Cross provider</td>
</tr>
<tr>
<td>Delaware County</td>
<td>Linda Derbyshire, BS, IBCLC</td>
<td>Center City, Main Line, Delaware County, Philadelphia</td>
<td>Phone: (610) 316-9157 Email: <a href="mailto:lindaderbyshire@gmail.com">lindaderbyshire@gmail.com</a> Website: <a href="http://www.centercitypediatrics.com">www.centercitypediatrics.com</a></td>
<td>Office Visits Home Visits Te-le-lactation visits</td>
<td>• Phone/skype consultations • Aetna provider • Independence Blue Cross provider</td>
</tr>
<tr>
<td>Delaware County</td>
<td>Christine Sweeney, BSN, IBCLC</td>
<td>Delaware County, Main Line</td>
<td>Phone: (610) 996-1543 Email: <a href="mailto:lactationaide@yahoo.com">lactationaide@yahoo.com</a></td>
<td>Home Visits</td>
<td>Aetna provider Independence Blue Cross provider</td>
</tr>
<tr>
<td>Doylestown, Upper Bucks</td>
<td>Best for Babies</td>
<td>Doylestown, Upper Bucks</td>
<td>Phone: (215) 837-6664 Email: <a href="mailto:jeanibclc@yahoo.com">jeanibclc@yahoo.com</a> Cindy Jarret (215) 534-3439 <a href="mailto:cjarret@hotmail.com">cjarret@hotmail.com</a></td>
<td>Home Visits</td>
<td>Aetna provider Independence Blue Cross provider</td>
</tr>
<tr>
<td>Germantown, Philadelphia</td>
<td>Stephanie Brown, IBCLC</td>
<td>Philadelphia and surrounding area</td>
<td>Email: <a href="mailto:ten.tenderlings@gmail.com">ten.tenderlings@gmail.com</a></td>
<td>Home Visits Office Visits: 270 W. Walnut Lane, 3rd floor, 19144</td>
<td>Aetna and Independence Blue Cross provider Offer sliding scale for Medicaid and the uninsured.</td>
</tr>
<tr>
<td>Havertown Villanova Delaware County</td>
<td>Lisa Mandell, MBA,IBCLC</td>
<td>Main Line, Delaware County, Philadelphia</td>
<td>Phone: (610) 517-9552 Email: <a href="mailto:lisamandell@hotmail.com">lisamandell@hotmail.com</a> Website: <a href="http://www.lisamandell.com">www.lisamandell.com</a></td>
<td>Office Visits in Villanova</td>
<td>• Phone consultations • Weekly support group • Aetna provider • Independence Blue Cross provider</td>
</tr>
<tr>
<td>King of Prussia</td>
<td>Amy Siegrist, BS,IBCLC</td>
<td>10 mile radius from King of Prussia</td>
<td>Phone: (484) 919-1027 Email: <a href="mailto:amyibclc@gmail.com">amyibclc@gmail.com</a> Website: <a href="http://www.breastfeedingbond.com">www.breastfeedingbond.com</a></td>
<td>Home Visits</td>
<td>• Aetna provider • Independence Blue Cross provider</td>
</tr>
<tr>
<td>Lancaster</td>
<td>Jessica Wimer, BSN, RN, IBCLC</td>
<td>Lancaster and Chester Counties</td>
<td>Phone: 717-344-6496 Email: <a href="mailto:jwimer@bornandfed.com">jwimer@bornandfed.com</a> Website: <a href="http://www.bornandfed.com">www.bornandfed.com</a> Instagram: <a href="https://www.instagram.com/bornandfed/">https://www.instagram.com/bornandfed/</a></td>
<td>Home visits Phone consultations</td>
<td>• Aetna provider • Independence Blue Cross provider</td>
</tr>
<tr>
<td>Lancaster</td>
<td>Babyfusion, Bethany P. Landgraf, BSN, RNC-MNN, IBCLC</td>
<td>Lancaster</td>
<td>Phone: 717-471-2019 Email: <a href="mailto:bethany@Babyfusion.org">bethany@Babyfusion.org</a></td>
<td>Home visits</td>
<td></td>
</tr>
<tr>
<td>Lehigh Valley</td>
<td>Blossom Baby Lehigh Valley Lactation Services</td>
<td>Bucks County Montgomery County</td>
<td>Phone: (610) 737-9851 Email: <a href="mailto:amy@lehighvalleylactation.com">amy@lehighvalleylactation.com</a> Website: <a href="http://www.Lehighvalleylactation.com">www.Lehighvalleylactation.com</a></td>
<td>Home Visits</td>
<td>• Aetna provider • Independence Blue Cross provider</td>
</tr>
</tbody>
</table>
| Media | Alison Neuhaus, MA, IBCLC | Delaware County, Main Line, West Chester, North eastern Delaware, Philadelphia (parts) | Phone: (610) 761-4974 | Home Visits | • Aetna provider  
• Independence Blue Cross provider |
| --- | --- | --- | --- | --- | --- |
| Montgomery County | Erica Diehl, MS, IBCLC | Limerick, Collegeville, Pottstown & surrounding areas | Phone: (215) 275-3603 | Home visits | • Aetna provider  
• Independence Blue Cross provider |
| Montgomery County, Philadelphia | Colleen Elwood, RN IBCLC | Philadelphia, Eastern Montgomery county | Phone: 216 620 3597 | Home visits | • Holistic Lactation Consultant  
• Craniosacral Therapy  
• Baby bodywork (intant massage and TummyTime!) |
| Montgomery County, Philadelphia | Nikki Lee, RN, BSN, MS, Mother of 2, IBCLC, CCE, CIMI, ANLC, CKC, RYT | Philadelphia, Eastern Montgomery County | Email: nlee@nikielhealth.com  
Website: www.nikielhealth.com  
Twitter: @nikielhealth  
Facebook: www.facebook.com/nikielhealth  
Text: 215 888 0013 | Office Visits, Office Visits, Telephone consults, Video chats | • Aetna provider  
• Independence Blue Cross provider |
| Montgomery County, Schwenksville | Karen Meade, RN, IBCLC | 25 mile radius of 19473 (Schwenksville) and 19462 (Plymouth Meeting) zip codes | Email: kmmeade70@gmail.com | Home visits | • Aetna provider  
• Independence Blue Cross provider |
| Narberth | Gordana Chelsvig, IBCLC | Ardmore, Bala Cynwyd, Narberth | Phone: 610-667-18817 | Home visits | • Biodynamic Cranial Sacral Therapy |
| Newtown | Lucky Baby Lactation Services | Michelle Farfel, MA, IBCLC, Laura Sarantinoudis-Jones, BA, IBCLC | Phone: Michelle Farfel: 732-977-6444  
Email: Michelle@LuckyBabyLactation.com  
Phone: Laura Sarantinoudis-Jones: 732-439-7972  
Email: Laura12383@yahoo.com  
Website: www.LuckyBabyLactation.com | Office Visits 121 Friends Lane, Suite 100  
Newtown, PA 18940 | • Aetna provider  
• Independence Blue Cross provider  
• Amerihealth NJ provider |
| Paoli | Molly Zangrilli, IBCLC | Chester, Delaware, Montgomery, Bucks | Phone: (215) 205-2210  
Email: molly@mollyzLC.com  
Website: www.mollyzLC.com | Home Visits | • Aetna provider  
• Independence Blue Cross provider |
| Philadelphia | Lisa Broderick, IBCLC, RLC | Philadelphia, South Jersey | Phone: (215) 407-1422  
Email: lisa@blissedoutmamas.com  
Website: www.blissedoutmamas.com | Home Visits  
Tele-lactation  
Office Visits | • 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 | • Aetna provider  
• Independence Blue Cross provider  
• Specialist in poor weight gain & allergies  
• Registered dietitian providing guidance on maternal diet  
• Medela pump & scale rentals |
| Philadelphia | Center City Pediatrics | Linda Derbyshire, BS, IBCLC | Phone: (215) 735-5600  
And (610) 316-9157  
Email: lindaderbyshire@gmail.com  
Website: www.centercitypediatrics.com | Office Visits  
Home Visits  
Tele-lactation  
You do not need to be a patient of the practice for visits or support group | • Breastfeeding support group  
• Aetna provider  
• Independence Blue Cross provider |
| Philadelphia | Freedom to Feed | Rachel Gazda, IBCLC, CD(DONA) | Phone: (267) 225-2383  
Email: FreedomFeed@gmail.com  
Website: www.rachelgazda.com | Please contact or availability | • Aetna provider  
• Independence Blue Cross provider |
| Philadelphia | Mom+baby, LLC | Rosalie Kmiec, IBCLC | Phone: (610) 322-4932  
Email: Rosalie@mombabyphiladelphia.com | Home Visits | • Aetna provider  
• Independence Blue Cross provider |
| Philadelphia | Carol Teneriello RN, IBCLC | Philadelphia County Montgomery County | Phone: (215) 248-0197  
Email: milkway4@verizon.net | Home Visits | • Aetna provider  
• Independence Blue Cross provider |
| Philadelphia/ Greater Philadelphia Area | Breast Feeding Lactation & Feeding Consultation | Rebecca A. Walker, BSN RN IBCLC | Phone: (215) 856-2705  
Email: info@bestfeedingLC.com  
Website: http://www.bestfeedingLC.com | Home Visits | • Aetna provider  
• Independence Blue Cross provider |
<table>
<thead>
<tr>
<th>Location</th>
<th>Name</th>
<th>Office Visits/Visits</th>
<th>Home visits</th>
<th>Contacts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Philadelphia</td>
<td>Philadelphia Lactation</td>
<td></td>
<td>Home visits</td>
<td>Phone: 484-369-1020 Email: <a href="mailto:Philadelphia.lactation@gmail.com">Philadelphia.lactation@gmail.com</a></td>
</tr>
<tr>
<td></td>
<td>Kate Katz RN, IBCLC</td>
<td></td>
<td>Phone and webcam consultations</td>
<td><a href="http://www.PhilaLacation.com">www.PhilaLacation.com</a></td>
</tr>
<tr>
<td></td>
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<tr>
<td>Philadelphia</td>
<td>Kristen Kratz Lactation Care LLC</td>
<td></td>
<td>Aetna and Blue Cross</td>
<td></td>
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<td></td>
<td>Kristen Kratz, RN, IBCLC</td>
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<tr>
<td>Philadelphia</td>
<td>Solutions for Women</td>
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<td>Only office visits</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>Call to schedule appointment, open to anyone</td>
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<td>including those who did not deliver at</td>
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<td>Pennsylvania Hospital;</td>
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<tr>
<td>Philadelphia</td>
<td>Nestled, LLC</td>
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<td>Aetna provider</td>
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<tr>
<td></td>
<td>Alison Ahern, BSN, RN, IBCLC</td>
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<tr>
<td>Philadelphia</td>
<td>Lisa Knofflickic, MD, IBCLC</td>
<td></td>
<td>All major insurances, including Medicaid</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>Accept uninsured patients</td>
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<tr>
<td>Philadelphia</td>
<td>Gabriella Kim, RN, IBCLC</td>
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<tr>
<td>Mt Airy Germantown</td>
<td>Crescent Lactation Care</td>
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<tr>
<td></td>
<td>Katy Baker-Cohen, BSN, RN, IBCLC</td>
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<tr>
<td>South Philadelphia</td>
<td>Lifecycle WomanCare and The Birth Center</td>
<td></td>
<td>Aetna provider</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Patty Siegrist, RN, IBCLC</td>
<td></td>
<td>Independence Blue Cross provider</td>
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<tr>
<td></td>
<td>Amy Siegrist, IBCLC</td>
<td></td>
<td>Medicaid accepted</td>
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<tr>
<td></td>
<td>Cara Puff, IBCLC</td>
<td></td>
<td>will attempt to bill other insurance</td>
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<tr>
<td></td>
<td>Elizabeth Larkin, IBCLC</td>
<td></td>
<td>Medela Symphony breast pump rentals</td>
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<tr>
<td></td>
<td></td>
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<td>Certified nursing bra fitters on staff</td>
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<td></td>
<td></td>
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<td>Maternity and post partum clothing, bras &amp;</td>
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<td></td>
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<td></td>
<td>breastfeeding accessories</td>
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<td></td>
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<td>Support group meetings</td>
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<td></td>
<td>Monday 12:30-2</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>Childbirth, breastfeeding and infant care classes</td>
<td></td>
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<tr>
<td>Philadelphia, South Jersey</td>
<td>Kara Thornton, BA, IBCLC</td>
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<tr>
<td></td>
<td>Burlington County</td>
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<td>Camden County</td>
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<td>Gloucester County</td>
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<tr>
<td>Phoenixville</td>
<td>Kristin Burns, BA, IBCLC</td>
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<tr>
<td></td>
<td>Berks County Chester County</td>
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<td>Delaware County</td>
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<td>Montgomery County</td>
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<tr>
<td>Pottstown</td>
<td>Janet Graczyk, BS, IBCLC</td>
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<td>Berks County</td>
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<td>Chester County</td>
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<td></td>
<td>Montgomery County</td>
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<td></td>
<td>Northern Chester County, Western</td>
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<td>Montgomery County</td>
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<td>Eastern Berks County, southern</td>
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<td>Lehigh County</td>
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<tr>
<td></td>
<td>Mother 2 Mother Matters</td>
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<td></td>
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<tr>
<td></td>
<td>Angela Quinn BS,IBCLC</td>
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<td>Location</td>
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<td>Address</td>
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</tr>
<tr>
<td>Pottstown</td>
<td>Jillian Nemeth</td>
<td>Berks County</td>
<td>(215) 528-8759</td>
<td><a href="mailto:jillian_nemeth@yahoo.com">jillian_nemeth@yahoo.com</a></td>
</tr>
<tr>
<td>Plymouth</td>
<td>Einstein Lactation</td>
<td>Berks County</td>
<td>484-362-6133</td>
<td><a href="mailto:perinatalclasses@einstein.edu">perinatalclasses@einstein.edu</a></td>
</tr>
<tr>
<td>Reading</td>
<td>Cindy Griffis</td>
<td>Berks and surrounding area</td>
<td>(610) 378-2068</td>
<td></td>
</tr>
<tr>
<td>Reading</td>
<td>Just Living</td>
<td>Berks, Montgomery, Lehigh, Bucks, Chester, Delaware, Lancaster, Lebanon, and Schuylkill counties</td>
<td>(484) 985-9719</td>
<td><a href="mailto:min@justlivinghealthcare.com">min@justlivinghealthcare.com</a></td>
</tr>
<tr>
<td>Souderton</td>
<td>Amazing Newborn</td>
<td>Bucks County</td>
<td>(610) 584-6111</td>
<td><a href="mailto:Judy.crouthamelibclc@yahoo.com">Judy.crouthamelibclc@yahoo.com</a></td>
</tr>
<tr>
<td>Wayne</td>
<td>Breastfeeding</td>
<td>Chester County, The Main Line and Northern Delaware</td>
<td>(484) 582-8662</td>
<td>breastfeedingresource_center</td>
</tr>
<tr>
<td>West Chester</td>
<td>Amy Hnetinka</td>
<td>Chester County, The Main Line and Northern Delaware</td>
<td>(484) 999-7729</td>
<td><a href="mailto:amyhbreastfeedinghelp@gmail.com">amyhbreastfeedinghelp@gmail.com</a></td>
</tr>
<tr>
<td>West Chester</td>
<td>Angela Leonard</td>
<td>Chester, Delaware &amp; N. Wilmington, DE</td>
<td>(610) 299-8290</td>
<td><a href="mailto:angelaibclc@comcast.net">angelaibclc@comcast.net</a></td>
</tr>
<tr>
<td>West Chester</td>
<td>MotherBorn</td>
<td>Chester County, The Main Line and Northern Delaware</td>
<td>610-299-1038</td>
<td><a href="mailto:dana@motherborn.com">dana@motherborn.com</a></td>
</tr>
<tr>
<td>Wyndmoor</td>
<td>Liz Brooks</td>
<td>Montgomery &amp; Philadelphia Counties</td>
<td>(215) 836-9088</td>
<td><a href="mailto:liz.brooks@yahoo.com">liz.brooks@yahoo.com</a></td>
</tr>
</tbody>
</table>
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:**
Ari Brooks MC  (215) 829-8461 (Philadelphia, PA)
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)
Melissa Ann Lazar MD  (215) 955-6999 (Philadelphia, PA)
Kara Friend MD  (215) 254-2730 (Philadelphia, PA)
Julia Tchou MD  (215) 615-5858 x3 (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  Advocare 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
Lisa Elden MD  (610) 337-3232
Meg Kawan MD, IBCLC  (609)641-0200
Michael Kremer MD  (302) 655-6183  Wilmington, Delaware
David King MD
Ross Levine DMD  (215) 860-9808  Yardley, 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](mailto:homeopathy1@yahoo.com)  
[https://www.lindabakermd.com/](https://www.lindabakermd.com/)

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

Cara Frank R. OM 215-772-0770  
[http://www.sixfishes.com](http://www.sixfishes.com)  
South Philadelphia

Ching-Yao Shi Dipl.OM/Lic. Acu  
Center City, Philadelphia

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

Ameet Ravital DiHom, PhD  
Homeopath  

Marlene Burk Acupuncture  

Christine Golcher CLC, CCE, CD  
(215) 287-4915  
Certified Aromatherapist and Herbalist  
[https://christinescareandcompassion.com/](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](http://goldstarrehab.com/overview.html)

Practitioners trained in Beckman Oral Motor Assessment  
[https://www.beckmanoralmotor.com/directory/](https://www.beckmanoralmotor.com/directory/)  
(type only the City into the search fields.)

Sarah Dougherty SLP  
sarahdougherty17@gmail.com  
Philadelphia

Jaclyn Polakoff SLP  
Jaclyn.polokoff@gmail.com  
Philadelphia

Nacona Davis, SLP  
nadavis2008@gmail.com  
Philadelphia

TheraPlay (Drexel Hill, West Chester, Hatboro)  
[www.theraplayinc.com](http://www.theraplayinc.com)

Jolaine Baran SLP  
Paoli Hospital  
(484) 565-1063

Jaclyn Polakoff MS, CCC-SLP  
Center City Pediatrics  
[https://centercitypediatrics.com/oral-motor-feeding-skills/](https://centercitypediatrics.com/oral-motor-feeding-skills/)

Lauren Aronson Lagin, MS, CCC-SLP, CLC  
[www.justspeechie.com](http://www.justspeechie.com)  
Home visits in Philadelphia and surrounding suburbs

**Craniosacral therapists:**

[www.upledger.com](http://www.upledger.com)  
Click on “Find a Practitioner”

Christine Holefelder  
(610) 505-8946  
[http://www.kinderssage.com](http://www.kinderssage.com)

Ula Katsoulis  
(646) 645-5207  

Nikki Lee  
(215) 888-0013  
[http://www.nikkileehealth.com](http://www.nikkileehealth.com)

Carol Manno PT  
(215) 348-7775  
[https://firststepspt.com/](https://firststepspt.com/)

Karen Meade  
(484) 854-3804  
[www.b4village.org](http://www.b4village.org)

Catherine Sliman  
(620) 299-0951  
Also does Myofascial Release

Trish Romano  
(610) 666-2385  
[http://www.energeticssynergy.com](http://www.energeticssynergy.com)
Infant Massage Instructors:
http://www.lovingtouch.com  click on “Find an instructor”

Dermatologists:
Barry Friter MD  (215) 947-7500  Huntingdon Valley, PA  https://www.paderm.com/
Paul Gross MD  (215) 829-3576  Pennsylvania Hospital
Jonathan Winter MD  (856) 589-3331  Sewell, NJ  https://www.cooperhealth.org/doctors/jonathan-winter-md
Michele Ziskind MD  (610) 296-5801  Paoli, PA  https://www.mainlinehealth.org/find-a-doctor/michele-ziskind
Julia Cohen MD  (610) 525.5028  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:
Natural Awakenings (Bucks/Montgomery)  https://www.nabuxmont.com/2013/08/12/220735/halteman-thermal-imaging
The TDI & Health Through Awareness Mission  http://tdini.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 nikki.lee@phila.gov to add more.

<table>
<thead>
<tr>
<th>Practice Name</th>
<th>Address</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Allstar Pediatrics</td>
<td>400 N. Gordon Drive, Exton, PA 19341</td>
<td>(610) 363-1330</td>
</tr>
<tr>
<td>Advocare Society Hill Pediatrics</td>
<td>834 Chestnut Street</td>
<td></td>
</tr>
<tr>
<td>Brandywine Pediatrics</td>
<td>3521 Silverside Road, #1F, Wilmington, DE 19810-4917</td>
<td>(302) 478-8854</td>
</tr>
<tr>
<td>Center City Pediatrics</td>
<td>1740 South Street</td>
<td>(215) 735-5600</td>
</tr>
<tr>
<td>Drexel Hill Pediatrics</td>
<td>5030 State Rd # 2-900, Drexel Hill, PA 19026</td>
<td>(610) 623-9080</td>
</tr>
<tr>
<td>Jefferson Family Medicine Assoc</td>
<td>833 Chestnut Street</td>
<td>(215) 955-7190</td>
</tr>
<tr>
<td>St. Christopher’s Center for the Urban Child</td>
<td>160 E. Erie Avenue, Philadelphia PA 19134</td>
<td>(215) 427-MILK (6455)</td>
</tr>
</tbody>
</table>

**Example Entry:**

- Allstar Pediatrics
  - Address: 400 N. Gordon Drive, Exton, PA 19341
  - Phone: (610) 363-1330
- Ambler Pediatrics
  - Address: 602 S. Bethlehem Pike, Ambler, PA 19002-5800
  - Phone: (214) 643-7771
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.com
Abington, PA 19001

Lisa Broderick-Cohen BFA, IBCLC
Moorestown, NJ, 08057
(215) 407-1422
lisa@blissedoutmamas.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
Senior Director of Programs and Business Development
Maternity Care Coalition
Philadelphia, PA 19130
(215) 989-3564
kpigur@maternitycarecoalition.org

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

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

Services offered:
1) Breastfeeding Friendly Employer Certificate Program
2) Breastfeeding Friendly Business Decal Program
3) Event Lactation Support Services
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  
Register with: Kadja Desir, Administrative Coordinator desikadj@einstein.edu  
(215) 456-8305

Prenatal childbirth class offered: a one day class on a Saturday. Breastfeeding incorporated into this class. Private insurance pay $95. Other insurances billed directly. Medicaid/State insure covers the fee. Centering Pregnancy classes offered include breastfeeding.

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/childbirth-classes#tab-1

Prenatal breastfeeding class presented monthly ($35; FREE for those on MA); back to work classes. ($30).

**Temple University Hospital**  
FREE Prenatal Breastfeeding class  
3rd Wednesday of every month. 6pm to 8 pm.  
Temple University Hospital Basement, Classroom A.  
REGISTER: (215) 707-3065

Megan Kelly  
Parent Education Clinical Nurse Specialist  
*Thomas Jefferson University Hospital*  
111 South 11th Street  
Philadelphia, PA 19107  
2 monthly evening classes 6-8 pm  
1 lunch time class monthly 12-1pm

See schedule at: https://hospitals.jefferson.edu/calendar-of-events/event-search-results.html?q=maternity&category=&datestart=&dateend=&start=0

**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 class $25  
3rd Tuesdays 7pm to 9pm  
http://www.stmaryhealthcare.org  
http://amazingnewborn.com/services/  
(610) 584-6111  
Private classes: $150. 2 support persons allowed.  
Judy Crouthamel, RNC, BSN, IBCLC  
Souderton, PA.

Chester County

Penn Medicine Chester County Hospital  
701 East Marshall Street  
West Chester, PA 19380  
(610) 738-2300  
Prenatal breastfeeding. $40/couple  
Offered twice monthly: weeknight and Saturday  
Pumping and Returning to work: $25/couple  
Offered every other month weeknight  
Register at: 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 9pm and Saturday mornings from 9 to 11am  
$35  
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  
FREE  
Childbirth Education Classroom. This classroom is located on the 1st Floor, East Wing, Sim Lab at the Crozer Chester Medical Center Main Campus  

Riddle Hospital  
https://www.mainlinehealth.org/events?keyword=prenatal%20breastfeeding

Montgomery County

Abington Jefferson Health  
(215) 481-6800  
Breastfeeding classes: 1 (prenatal) and 2 (Back to work as a breastfeeding person)  
Registration required. Fee: $30. (Discount code can be applied when registering for more than 1 class.)  
https://www.abingtonhealth.org/services-specialties/womens-health/maternity/  
Contact Amy.Goldberg@Jefferson.edu
B4 Village
319 W. Ridge Pike
Limerick, PA 19468
(484) 954-3804
www.b4village.org
karen@b4village.org
Monthly, IBVCLC-taught small group prenatal breastfeeding class
$30/pregnant person + 1 support person
Private classes available upon request

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
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
https://holyredeemer.ticketleap.com/2020-breastfeeding-classes/details

Lifecycle Woman Care
918 County Line Road, Bryn Mawr
Class offered 2-3 times a month
Open to all. $60/couple
Visit website for dates: https://lifecyclewomancare.org/get-involved/classes-workshops-support-groups/
To register, call office, 610-525-6086.

Pottstown Memorial Medical Center
Debra Werner, RN, CLC
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

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 be sufficient.

Some outpatient or private practices 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.amedacom

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.hygeiahealth.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.exclusivelypumping.com/

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
(800) 879-2467  Children’s Hospital of Philadelphia
(610) 649-7769  Joanne Siciliano, Ardmore, PA
(609) 897-8991  PHCS Community Education and Outreach, Hamilton, NJ
(888) 848-7867  PPD Homecare, Inc., Mantua, NJ
(215) 829-5046  Solutions for Women, Philadelphia, PA
(302) 658-2229  The Birth Center, Wilmington, DE

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 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

A video showing how to Check Scale Calibration
https://www.youtube.com/watch?v=3QUJxr6Tcwo&fbclid=IwAR3fxdss6lyKaHmH_hKhSz4y3wpJKDQBJSldD83MKYYnldB171JSvVbtntiY

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 Health and Wellness – Breast Pumps and Education
https://acelleron.com/breast-pumps/order/
(877) 206-9687
Kristen Quinn CLC (267) 972-8008
Kquinn@acelleron.com

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

McKesson
on-line ordering and shipping
https://mpcs.mckesson.com/

Milk N Mamas Baby
Dublin, PA
https://www.milknmamasbaby.com/

Montgomery Medical Equipment
Storkpump.com
Lauren Regina RD, CLC
Breast Pump Program Director
p: 1-844-993-3740 (main)
c: 1-610-290-6586 (cell)
f: 1-267-443-6019 (fax)

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

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
Anyone can file a report: layperson or professional

Breastfeeding modifications and restrictions (both permanent and temporary)
(accessed 12/16/19)

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)

**Mother has hepatitis B or C AND bleeding or cracked nipples:**

Hepatitis B virus and hepatitis C virus cannot be transmitted through breast milk, but they can both be spread by infected blood. Therefore, if a mother has Hepatitis B or C AND she has any bleeding from cracked nipples and/or surrounding areola, she should stop nursing (or feeding expressed milk exposed to blood) temporarily as a precaution, so that she does not transmit hepatitis B or C to her baby through any exposure to blood.

To maintain her milk supply while not providing breast milk, she can express and discard her breast milk until her nipples are healed. Once her nipples are no longer cracked or bleeding, a mother who has hepatitis B or C may fully resume breastfeeding or providing expressed milk to her child.

**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 antituberculous 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](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.”

**Tuberculosis:** [https://www.cdc.gov/tb/topic/populations/pregnancy/default.htm](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 milk .......for 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](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).

[https://www.cdc.gov/breastfeeding/breastfeeding-special-circumstances/maternal-or-infant-illnesses/mrsa.html](https://www.cdc.gov/breastfeeding/breastfeeding-special-circumstances/maternal-or-infant-illnesses/mrsa.html)  “Mothers with a MRSA infection can usually continue to breastfeed while receiving appropriate treatment compatible with breastfeeding.”

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


**Varicella:** Cindy Pride, MSN, CPNP, TTUHSC Infant Risk Center [http://www.infantrisk.com](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**  

**Phenylketonuria**  

**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 difficulty 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:**

www.ncbi.nlm.nih.gov/pmc/articles/PMC2569122/


"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 an toxic exposure.” (accessed 12/2/19)

About lead exposure:


https://drive.google.com/file/d/0B6pzivBZDmsXdzg1UHRxaE9hWUE/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

**CDC**

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

**Immunizations and Breastfeeding 2020:**

"DO NOT Administer smallpox and yellow fever vaccines to nursing mothers. All others are recommended."
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."

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. (III) Local anesthetics given by injection or topical application are considered safe for breastfeeding mothers. (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 mother is pregnant
A woman gives birth to 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, zika and coronavirus. (CDC 2017) Check sources for most current information.
1) https://www.cdc.gov/breastfeeding/disease/west_nile_virus.htm
3) www.infantrisk.com

**Traveling with Human Milk:**
https://www.cdc.gov/nutrition/infantandtoddlernutrition/breastfeeding/travel-recommendations.html
https://www.tsa.gov/travel/special-procedures/traveling-children
(accessed 12/2/19)

"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>
<thead>
<tr>
<th>Location of storage</th>
<th>Temperature</th>
<th>Maximum recommended storage duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Room temperature</td>
<td>16–25°C (60–85°F)</td>
<td>4 hours optimal 6-8 hours acceptable under very clean conditions</td>
</tr>
<tr>
<td>Refrigerator</td>
<td>~4°C (39.2°F)</td>
<td>4 days optimal 5-8 days under very clean conditions</td>
</tr>
<tr>
<td>Freezer</td>
<td>&lt;4°C (24.8°F)</td>
<td>6 months optimal 12 months acceptable</td>
</tr>
</tbody>
</table>

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
https://www.mamava.com/find-mamava

**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**

**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.

**Pacify** A nationwide network of IBCLCs who are available for on-demand video consultants. Breastfeeding support is available 24/7 in English and Spanish. Pacify is HIPPA-secure.
www.pacify.com

**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/

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.

**Adoptive Breastfeeding**

Asklenore.info (breastfeeding and adoption, surrogacy, infertility, recurrent miscarriage, or traditional pregnancy
Newman Breastfeeding Clinic  [Ibconline.ca](http://sweetpeabreastfeeding.com/index.html)

**Advocacy and Political Action**

Baby Milk Action  [www.babymilkaction.org](http://www.babymilkaction.org)
Best for Babes  [www.bestforbabes.org](http://www.bestforbabes.org)  (No longer updated; still full of good things.)
Ban the Formula Discharge Bags  [www.banthebags.org](http://www.banthebags.org)
Surgeon-General Regina Benjamin’s *Call to Action*  (2011)  [www.surgeongeneral.gov/library/calls/breastfeeding](http://www.surgeongeneral.gov/library/calls/breastfeeding)
World Alliance for Breastfeeding Action  [www.waba.org.my](http://www.waba.org.my)

**Baby-Friendly Hospital Initiative Resources**

BabyFriendly USA  [https://www.babyfriendlyusa.org/](https://www.babyfriendlyusa.org/)
Training and Tools  [https://coffective.com/](https://coffective.com/)

**Billing Codes**

Need an account to gain access

ACOG Toolkit  [https://www.acog.org/About-ACOG/ACOG-Departments/Toolkits-for-Health-Care-Providers/Breastfeeding-Toolkit](https://www.acog.org/About-ACOG/ACOG-Departments/Toolkits-for-Health-Care-Providers/Breastfeeding-Toolkit)  (coding is a part of the Toolkit)

**Blogs**

Healthy Children  [www.ourmilkyway.org](http://www.ourmilkyway.org)

ILCA  [https://lactationmatters.org](https://lactationmatters.org)
A listing of blogs:  [https://lactationmatters.org/2012/06/19/great-breastfeeding-blogs-to-read/](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/
http://mammalssuck.blogspot.com/ (from scientist Katie Hinde PhD)

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.ibice.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  (Evidence based site for both families and providers. Covers just about everything lactation related.)
UNC Lactation Program  Clinical protocols and parent handouts  https://www.mombaby.org/unc-lactation-program/
Lactnet  (listserv for lactation professionals and breastfeeding helpers only)
Search for “LACTNET”
Facebook page (LACTWORLD)  by invitation only
Mothers Overcoming Breastfeeding Issues (MOBI):
http://www.mobimotherhood.org/?fbclid=IwAR2tAFqTa_4QEJn_0g1v6Yf9LSsGuh9ZNNvH69O9Cx8wxKynBUgFJMVk

Newborn Weight Tool  www.newbornweight.org/

Stanford University:  https://med.stanford.edu/newborns/professional-education/breastfeeding.html

**Childbirth and Doula Organizations**

**Birth 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**  https://us.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**  https://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/

**Children’s Advocacy Project**

https://cap4kids.org/philadelphia/

**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

**Early Resource Learning Center/ Office of Child Development and Early Learning (OCDEL)**

https://philadelphiaelrc18.org/

A single point-of-contact for families, early learning providers and communities.

**Philadelphia Resources**


**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  

CDC Support for Breastfeeding in Early Childhood Education  

What to Do if an Infant or Child Is Mistakenly Fed Another Woman's Expressed BreastMilk  
www.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/childdcare.html

US Department of Agriculture CACFP Breastfeeding and Childcare  

Michigan Breastfeeding Network  
https://www.youtube.com/channel/UCII0BQFlnvyUUwcxeNwIqg

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:  

Breastfeeding a Baby with Down’s Syndrome  
https://juliasway.org/brochure  (available in English and in Spanish)

Breastfeeding a Baby with Insulin-Dependent Diabetes  

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:  
http://www.illinois.edu/lilead/parentingwithoutsight.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=IwAR3Y1NYOg9ZrWzC8fcI2ttApH8-1mWzJg_DrABA_4MmJIAQWUdW5r0QsG
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

Wheelchair-Using Parents Stroller Options
VsFnxKusQXTn4NjDP3dO_sPrYrkKFlpW9XNIsqhFvIvZLiyjZmZB

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

Economics and Finances

Cost of Not Breastfeeding Tool: https://www.aliveandthrive.org/

Education in breastfeeding and lactation (for physicians)

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

Philadelphia Chapter AAP: https://www.papaap.org/breastfeeding-education-support-and-training-
.best.html

California State University College of Health and Human Development Lactation Education
https://www.csun.edu/health-human-development/lactation-education

Stanford University https://med.stanford.edu/content/dam/sm/peds/documents/elective-selective-
rotations/lactation/lactation-rotation-summary.pdf
http://med.stanford.edu/newborns/professional-education/breastfeeding.html

University of North Dakota
https://med.und.edu/education-resources/electives/_files/docs/ped-9311.pdf
Employed outside the home and breastfeeding
(see also Workplace Information)

https://www.llli.org/breastfeeding-info/working-and-breastfeeding/

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


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:
https://dadsadventure.com/breastfeeding/

Fathers Hold Key to Breastfeeding Success:


Foreign Language Materials (Free)

Baby-Friendly
https://www.unicef.org.uk/babyfriendly/baby-friendly-resources/foreign-language-resources/
(Arabic, Bengali, Hindi, Lithuanian, Mandarin, Polish, Romanian, Slovak, Turkish, Urdu)

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

http://www.Ethnomed.org
https://www.healthinfotranslations.org/topic/pregnancy_and_baby_care/46013/
Arabic, Bosnian, Chinese Simplified, Chinese Traditional, English, French, Hindi, Japanese, Khmer, Korean, Marshallese, Multilingual, Nepali, Portuguese, Russian, Somali, Spanish, Tagalog, Ukrainian, Vietnamese

HealthReach/National Library of Medicine
Arabic, Chinese simplified, Chinese traditional, French, Hindi, Japanese, Nepali, Russian, Somali, Spanish, Vietnamese

La Leche League of Canada Arabic:
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/
Arabic, Bengali, Chinese, English, French, German, Indonesian, Italian, Japanese, Portuguese, Russian, Spanish, Swahili

Lactation Education Resources
https://www.lactationtraining.com/resources/educational-materials/handouts-parents
Arabic, Chinese, English, Polish, Spanish, Vietnamese
**Vietnamese materials**
https://nature.berkeley.edu/departments/nut/extension/vietnamese.html

**Missouri Department of Health**
https://health.mo.gov/living/families/wic/breastfeeding/resourcesdata/

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**FREE Handouts and Photographs**

**Academy of Breastfeeding Medicine**  [http://www.bfmed.org](http://www.bfmed.org)
Offers free educational podcasts on iTunes, has twenty-five clinical protocols

**Carolina Global Breastfeeding Institute**  [https://sph.unc.edu/cqbi/resources-ready-set-baby/](https://sph.unc.edu/cqbi/resources-ready-set-baby/)

**CDC State and Community Health Media Center**  [https://nccd.cdc.gov/schmc/apps/searchresults.aspx](https://nccd.cdc.gov/schmc/apps/searchresults.aspx)
Type in Nutrition: Breastfeeding in the search box.

**Diaper Recording Logs (English and Spanish)**

**FitWIC Baby Behavior Study:**
[https://wicworks.fns.usda.gov/wicworks/Sharing_Center/gallery/FitWICBaby.htm - staff](https://wicworks.fns.usda.gov/wicworks/Sharing_Center/gallery/FitWICBaby.htm - staff)

**Growth Charts**

**Growth Velocity Charts**
Girls--  [http://www.who.int/childgrowth/standards/velocity/sft_weight_girls_1mon_p.pdf?ua=1](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](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](www.lactationtraining.com/resources/educational-materials/handouts-parents/handouts-lactation)
Free and in many languages

**Pennsylvania Department of Health (crib cards, door hangers)**
[https://www.health.pa.gov/topics/programs/Breastfeeding/Pages/Breastfeeding.aspx](https://www.health.pa.gov/topics/programs/Breastfeeding/Pages/Breastfeeding.aspx)

**Philadelphia Department of Public Health:**

**USDA WIC Works Resource System:**

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**Formula**

**European formulae:**
- **HIPP:**  [https://organicstart.com/hipp/](https://organicstart.com/hipp/)
- **HOLLE:**  [https://organicstart.com/holle/cow/stage-1/product](https://organicstart.com/holle/cow/stage-1/product)

**FDA regulation of formula**
[http://www.fda.gov/food/guidanceregulation/guidancedocumentdsregulatoryinformation/infantformula/default.htm](http://www.fda.gov/food/guidanceregulation/guidancedocumentdsregulatoryinformation/infantformula/default.htm)

**2020 list of Organic infant formulae**

**Safe Preparation of Powdered Infant Formula**
[http://www.cdc.gov/Features/Cronobacter/](http://www.cdc.gov/Features/Cronobacter/)

**WHO Toolkit for monitoring Code compliance**
[https://www.who.int/nutrition/netcode/toolkit/en/](https://www.who.int/nutrition/netcode/toolkit/en/)
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
https://www.bfmed.org/protocols
ABM Clinical Protocol #8: Human Milk Storage Information for Home Use for Full-Term Infants, rev. 2017

Office of Women’s Health

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
World Alliance for Breastfeeding Action  http://waba.org

Lactating People of Color

Black Women Do Breastfeed  https://blackwomendobreastfeed.org
National Association of Professional and Peer Supporters of Color  http://www.napplsc.org/
Native American  https://www.nativebreastfeedingwi.com/about
Reaching Our Sisters Everywhere  http://www.breastfeedingrose.org
W.K. Kellogg Foundation  http://www.wkkf.org/

Large-sized nursing bras

http://www.decentexposures.com

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

www.braspectrum.com
www.gieqielingerie.com/bras.php#
www.b4village.org

Laws and Legal Issues

National Conference of State Legislatures

Human Relations Commission Philadelphia
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):


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:

LGBTQIA  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.vitalvillage.org/projects/breastfeeding-coalition

OutCare  https://www.outcarehealth.org/

Locations to breastfeed or pump in Philadelphia and beyond
https://momaboard.com/traveltip/airport-nursing-rooms-united-states/

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

The Breastfeeding Room Locator:  https://www.momspumphere.com/
Medical Organizations

Academy of Breastfeeding Medicine www.bfmed.org

American Academy of Family Practice
https://s.aafp.org/?q=breastfeeding&first_search=0&search=Entire+Site

American College of Obstetrics and Gynecology www.acog.org
https://www.acog.org/Search?Keyword=breastfeeding

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

Medical Staff Training (see also On-line Education section)

American Academy of Pediatrics

Community Health Training Institute
https://www.hrainingstitute.org/breastfeedingcme/

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

Maryland Department of Health (free)
https://phpa.health.maryland.gov/mch/Pages/Hospital_Breastfeeding_Philosophy_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://wellstart.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 state-level 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/

**Online Education sites that award CEUs, CERPs and CMEs**
Require creating an account and log-in
$ indicates fees for programs

**iLactation $ (awards CMEs)**
On-line conferences and archives
https://ilactation.com/

**GOLD $ (awards CMEs)**
On-line conferences and archives
https://www.goldlearning.com/

**Health e-Learning $**
https://www.health-e-learning.com/

**PA Chapter American Academy of Pediatrics  FREE (awards CMEs)**
2 Courses:
15-hours of training for the Keystone 10 initiative
EPIC BEST (Breastfeeding Education and Support)
https://cme.hs.pitt.edu/ISER/app/home/displayMainPage?site=paaap

**Praeclarus Press Webinars $**
http://stores.praeclaruspress.com/webinars/

**United States Breastfeeding Coalition webinars  FREE**
http://www.usbreastfeeding.org/coalitions-webinars

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

Breastfeeding Outside the Box  http://breastfeedingoutsidebox.libsyn.com/

Institute for the Advancement of Breastfeeding and Lactation Education
https://lacted.org/podcasts/?fbclid=IwAR3vUoX_0h1FucPy9rpWHKs01vzq98rEywLy7ZcLytZQFHAFlIpKCA5ce0K

La Leche League International  http://www.lilli.org/podcasts.html

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

New Mommy Media  http://www.newmommymedia.com/the-boob-group/
https://mariebiancuzzo.com/podcasts/

Postpartum Depression/Mood Adjustment Disorder


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/

Kelli Wicklund MA, NCP, LCP  www.maternalwellness.org

Premature Infants

Molly Modica, LMFT  www.b4village.org

Breastfeeding premature infants  
https://www.pinterest.com/mom2moglobal/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.cppqcc.org/resources/nutritional-support-vlbw-infant

Pumping

Keeping Breast Pump Kit Clean
https://www.cdc.gov/healthywater/hygiene/healthycare/infantfeeding/breastpump.html

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


Research Publications and Sites

AHRQ Meta-analysis” Breastfeeding and Maternal and Infant Health Outcomes in Developed Countries  

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


Skin to skin Care (Huge current bibliography)

Sleep

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

ABM Protocol  https://www.bfmed.org/assets/Protocol Number 6 2019 Revision.pdf

Infant Sleep Information Source  https://www.basisonline.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
Please review YouTube video topics, as there can be contamination from the porn industry. 😊

Breast Massage  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://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
https://www.youtube.com/watch?v=_btCMw5WYas

Hand expression after perinatal loss:
http://bfmedneo.com/resources/perinatal-loss-support/?fbclid=IwAR1Djrc-ahGhWAup5I_0_4WOwPvk11rZuXtozcBA2208XOxqqwnEHiXFNU

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)  https://www.youtube.com/watch?v=_btCMw5WYas

Initiation of Breastfeeding and Skin to Skin  http://breastcrawl.org
Narration 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
Global Health Media Project
http://globalhealthmedia.org/portfolio-items/early-initiation-of-breastfeeding/

Skin to Skin:  http://skin2skin.org/


Paced Bottle-Feeding
http://www.youtube.com/watch?v=UH4T70OSzGs&feature=youtu.be
www.youtube.com/watch?v=gJlx_vJv060

Beckman side-lying  https://www.youtube.com/watch?v=5e1KBtjYYns
Milk Mob  https://www.youtube.com/watch?v=OGPm5SpLxXY

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_RD9HNrOJ8

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

TED Talks about breastfeeding

Dr. Jenn Anderson:  https://www.youtube.com/watch?v=_GOCoWrGNB0
Breastfeeding is Everyone’s Business

Katie Hinde PhD:  https://www.ted.com/talks/katie_hinde_what_we_don_t_know_about_mother_s_milk
What we don’t know about mother’s milk.

Sascha Meyer (co-founder of Mamava) : https://www.youtube.com/watch?v=4q-ov94ZWOo
Why breastfeeding has become a privilege not a right

Dr. E.Bimla Schwarz  https://www.youtube.com/watch?v=o2XjA4wA4TI
How Mothers Can Nurse Themselves Healthy

Jessica Shortall, author
https://www.ted.com/talks/jessica_shortall_the_us_needs_paid_family_leave_for_the_sake_of_its_future
The US needs paid family leave - - for the sake of its future

Villa Tosio RN, RM  https://www.youtube.com/watch?v=I-Rlmpdp3Iw
Breastfeeding and the Modern Woman

Todd Wolynn MD:  https://www.youtube.com/watch?v=gqB44IYKRvs
Striking/Unboxed

Transportation for those who need assistance to get to medical appointments
http://www.logisticare.com/

Webinars
The world of webinars is exploding. Here are listed a few of the many organizations that offer certificates of attendance or professional contact hours. See also the On-Line Education Section

Appalachian Breastfeeding Network  https://www.appalachianbreastfeedingnetwork.org/
Webinars free to members.

ILCA  https://lactationmatters.org/2012/12/20/ilca-now-offers-free-webinars/

La Leche League International  https://www.llli.org/resources/webinars/

United States Breastfeeding Coalition webinars  FREE
http://www.usbreastfeeding.org/coalitions-webinars

United States Lactation Consultant Association
https://uslca.org/education-resources/live-webinars#event-list

**Workplace Breastfeeding Information**

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

ACA Breast Pumps and Insurance Information:

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

Federal Policies, Programs, Initiatives:
http://www.usbreastfeeding.org/p/cm/ld/fid=26

How to Keep Your Breast Pump Kit Clean

Internet home for information about breastfeeding for working moms.
www.workandpump.com

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/

Office of Women’s Health information and resources
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 http://www.mothersmilk.coop/
(2) Mothers’ Milk Bank Northeast has Breast Milk Depots at
a. 3331 Street Road, Bensalem, PA. Contact: Kristen Quinn (267) 972-8008 or kquinn@acelleron.com
b. 11 Owen Avenue, Landsdown, PA  (610) 553-5479 PettawayPursuitFoundation.org
Breastfeeding Resource Center locations in Abington and Wayne are collecting depots for the Mid-Atlantic Mother’s Milk Bank

Informal Milk Sharing Sites (also have Facebook pages)
Eats on Feets:  https://www.eatsonfeetersources.org/
Human Milk for Human Babies:  https://www.facebook.com/hm4hb/

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


3) FDA
http://www.fda.gov/ScienceResearch/SpecialTopics/PediatricTherapeuticsResearch/ucm235203.htm


Chapter 17 - Drugs in Lactation

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

LactMed  (FREE on-line drug database)
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.ttuhsc.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.

Mohtertosbaby.org
Medications & More During Pregnancy and Breastfeeding

Use of Contrast Media in 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