

The Pennsylvania Resource Organization for Lactation Consultants

2017

Philadelphia Region: Breastfeeding Resource Directory

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2017 PRO-LC Breastfeeding Resource Directory

Send corrections to: president@prolc.org

Thanks to Kay Hoover M.Ed., IBCLC, FILCA who continues to serve our community with love.

Breastfeeding Report Card 2016
Centers for Disease Control & Prevention
<http://www.cdc.gov/breastfeeding/data/reportcard.htm>

	<u>U.S.</u>	<u>Pennsylvania</u>
Initiation %	81.1	73.3
Breastfeeding at 6 Months %	51.8	47.6
Breastfeeding at 12 months %	30.7	31.9
Exclusive Breastfeeding % at 3 Months	44.4	41.2
Exclusive Breastfeeding % through 6 Months	22.3	20.5

Breastfed infants supplemented with formula: before 2 days: 24.6 ± 1.6%
 (2009 provisional data) : before 3 months 36.9 ± 1.9
 : before 6 months 42.6 ± 2.20

**Philadelphia Birthing Hospital Breastfeeding Initiation
 2015 Statistics (7 hospitals) and mPINC scores**

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."

2013 average Initiation in Philadelphia Hospitals:	71.7%
PA Hospital of the University of Pennsylvania Health System:	95%
Hospital of the University of Pennsylvania	76%
Temple University Hospital:	51%
Albert Einstein Medical Center:	56%
Hahnemann University Hospital:	62%
Thomas Jefferson University Hospital:	67%
Children's Hospital of Philadelphia	95%

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

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

Chapter 2 - WIC Services and Offices

WIC = Women, Infants & Children Program
www.northwic.org
Main office: 215-978-6100

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 do are given a food package (for them and their baby) that is worth over \$1600 in the 1st year.

Free **Breastfeeding Cafés** are offered to provide breastfeeding support to mothers, connect with other mothers, and get questions answered. The schedule is at the end of this chapter. RSVP at 215-978-6100 or phillywic@northwic.org.

Peer Counselors are also available at various locations throughout the year to provide breastfeeding support. To find your local WIC site and telephone number, go to www.northwic.org/locations. *Call ahead to check when the counselor is available.*

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

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

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

Lisa Volpe CLC, breastfeeding counselor
215-978-6100 ext. 22

Coordinator and Manager of the WIC breastfeeding program:
Denise Sobolewski CLC, Coordinator dsobolewski@northwic.org
Ileana Berrios, CLC, Doula, Manager iberrios@northwic.org

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

WIC of Pennsylvania
717-783-1289 sheabraham@pa.gov
Sheena Abraham Breastfeeding Coordinator

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.

Philadelphia area WIC Offices

Aramingo

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

Germantown

301 East Chelton Avenue, Suite 102
Philadelphia, PA 19144
215 248-1500, 1501

Kensington-Allegheny

1825-31 E. Hilton Street
Philadelphia, Pa 19134
(215) 426-6801, 6803

Lehigh Avenue

217-33 W. Lehigh Avenue, 2nd Fl.
Philadelphia, PA 19133
215 634-8713, 8714

Mobile WIC Office

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

North Philadelphia WIC Office

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

Northeast

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

Olney/Logan

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

Overbrook

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

St. Chris WIC Office

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

South Philadelphia

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

Woodland

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

Philadelphia WIC Breastfeeding Cafés:

RSVP: phillywic@northwic.org or 215-978-6100

Northeast WIC: 7959 Bustleton Ave

First Tuesdays: 11am and 1 pm

Overbrook WIC: 5610 Lancaster Ave

Second Tuesdays: 1 pm

North Philadelphia WIC 1300 W. Lehigh Ave

Second Tuesdays: 11 am

Olney-Logan WIC 5751 N. Broad Street, Unit 5

Third Tuesdays: 1 pm

South Philadelphia WIC 1165 S. Broad Street

Last Tuesdays: 1 pm

Aramingo WIC 2401 E. Tioga Street

Third Fridays: 10 am

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

La Leche League (LLL)

570-388-2664 www.llofeasternpa.org www.llli.org
Karen Shaw acl@llofeasternpa.org
Falls, PA 18615

Greater Philadelphia HELPLINE 610-666-0359
LLLI Breastfeeding Helpline-US 877-4-LA-LECHE (877-452-5324)

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

Hatfield, PA 19440 610-584-4013 Marilyn Boone
www.northpennnursingmothers.org
www.facebook.com/pages/North-Penn-Nursing-Mothers/208019179243956

Nursing Mothers Advisory Council (NMAC)

5 chapters serve areas of Bucks, Montgomery and Philadelphia counties.
HELPLINE (9 am-8 pm) 215-572-8044 www.nursingmoms.net
www.facebook.com/NMAC.nursing.moms

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

610-251-9405 (24/7 warmline)
www.nursingmothersalliance.org nmapasub@yahoo.com

Pennsylvania Department of Health

Bureau of Family Health 717-346-3000
Trained personnel make referrals to local resources, and answer questions about breastfeeding.
Hours are 7-7 Mon.-Fri.
Kelly Sebastian ksebastian@pa.gov

National Breastfeeding Helpline

1-800-994-9662 (TDD 1-888-220-5446)
LLLI-Trained peer counselors answer 9-6 EST Monday through Friday
(English and Spanish)

Mothers' Support Groups by County and Zip Code Philadelphia County

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

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

Center City Philadelphia LLL

19102-8, 12-13, 19121-23, 19130-1, 19139, 19143, 19145-48, 19151, 19153
www.llofeasternpa.org/web/PhiladelphiaPA.html
215-222-6332 Marlene Gawarkiewicz marleneglc@gmail.com
856-727-5042 Lisa Cohen lisa@blissedoutmamas.com

Center City Pediatrics

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

Hospital of the University of Pennsylvania

Warmline: (215) 662-2361

Lifecycle WomenCare and Birth Center

Patty Siegrist 610-525-6106

<http://www.lifecyclewomancare.org/get-involved/events/lifecycle-womancare-breastfeeding-support-group-west-philadelphia/>

No need to RSVP

2017: every other Wednesday 10am to noon Studio 34 4522 Baltimore Avenue, Philadelphia

Mama's Wellness Joint

267-519-9037 info@mamaswellnessjoint.com

<http://www.mamaswellnessjoint.com/schedule/> (Thursday)

Mt. Airy/Chestnut Hill NMAC

190 31,38, 75. 191: 11, 11, 14-16, 18-9, 19126-29, 19134-36, 19138, 19140-41, 19144, 191 49-52, 19154

917-742-2659 Vicky Sullivan vfsullivan@gmail.com www.facebook.com/mt.airy.ch.nursing.moms

My Fabulous Mama

215-970-3020 marisa@myfabulousmama.com

New! Moms Group for Babies held every Wednesday 11:30 a.m. Bring your babies newborn-4 months to cover a variety of topics. Contact or visit website to register. \$85 for six sessions.

<http://www.myfabulousmama.com/parentingcenter/#calendar>

North Philadelphia Breastfeeding Project

Mothers Meetings at Temple University Hospital, weekly

Classes and workshops at 3141 N. Germantown Ave; call for dates: 215-386-3804

Naima Black, CLC nblack@maternitycarecoalition.org

Pennsylvania Hospital Breastfeeding Support Group

215-829-3644 (For women who have delivered anywhere)

Every Monday (except for legal holidays) from 12:30-2

Hall Mercer Building, Parent Child Center,

245 S. 8th St. between Locust & Spruce.

Thomas Jefferson University Hospital

215-955-6665 The Breastfeeding and Pumping Mothers Support Group

833 Chestnut Street, Family Medicine Conference Room, 3rd floor

Tuesdays at 12-1pm (except on legal holidays)

Philadelphia WIC Breastfeeding Cafés: RSVP: phillywic@northwic.org or 215-978-6100

Northeast WIC: 7959 Bustleton Ave

Overbrook WIC: 5610 Lancaster Ave

North Philadelphia WIC 1300 W. Lehigh Ave

Olney-Logan WIC 5751 N. Broad Street, Unit 5

South Philadelphia WIC 1165 S. Broad Street

Aramingo WIC 2401 E. Tioga Street

First Tuesdays: 11am and 1 pm

Second Tuesdays: 1 pm

Second Tuesdays: 11 am

Third Tuesdays: 1 pm

Last Tuesdays: 1 pm

Third Fridays: 10 am

Philadelphia's Breastfeeding Support Group

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

Bucks County**Doylestown NM (NMAC)**

18901-2, 10-14, 17, 23, 27-28, 31, 34, 38, 43, 44, 47, 49, 50, 63

215-572-8044 www.facebook.com/doylestown.nursing.moms

Grand View Hospital

18960, 62, 64, 68, 79, 51, 44, 35, 32, 27, 11, 14, 15, 17, 18, 4, 19438, 26, 40, 43, 46, 50, 51, 73, 8, 92,

18073, 70, 74, 76, 84

215-453-4594 Phyllis Young www.gvh.org

North Penn Nursing Mothers

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

Warwick/Warminster Area Nursing Mothers (NMAC)

189: 25, 29, 40, 54, 56, 66, 74, 76, 80
190: 20, 30, 47, 53-59, 67

<https://www.facebook.com/WW.nursing.moms/?fref=ts>

Lower Bucks LLL 19067

215-295-0933 Jeremi theasanamama@gmail.com

St. Mary Medical Center 19047

215-710-5988 www.stmaryhealthcare.org/breastfeedingsupport

The Breastfeeding Support Group meets on 1st and 3rd Wednesdays, 11:30 am-12:30 pm.

Chester County

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

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

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

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

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

www.beanmom.com/laleche

Leaders: 484-883-0572 Shelly kierkar@psualum.com
610-321-0319 Kristina klpasquale@kristinapasquale.com
610-363-6206 Judy japolley@verizon.net
Jennifer beanmom@gmail.com

Chester Springs

Groups meet at Paoli hospital and Hankin Library
484-565-8075 www.mainlinehealth.org/breastfeeding-mothers-groups

Lifecycle WomenCare Phoenixville

Patty Siegrist 610-525-6106

<http://www.lifecyclewomancare.org/get-involved/events/lifecycle-womancare-breastfeeding-support-group-phoenixville/>

Every other Thursday 9:30am to noon Rosemont Plaza 1062 E. Lancaster Avenue, Room 20
No need to RSVP

North Penn Nursing Mothers Marilynne Boone: 610-584-4013

19423,26,30,35, 38, 40, 43, 46, 50, 51, 54, 73,74,78

Nursing Mothers' Alliance:

193: 20, 35, 41, 44. 194:02-03,25-26,32, 53, 60, 64, 65, 68, 75, 81. 195:25
610-337-1144 Elizabeth Larkin Eizabeth@wellbornbaby.com

Phoenixville/Downingtown/Coatsville NM NMA

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

West Chester/Exton Area NMA

19341-42, 80, 82, 95 www.nursingmothersalliance.org

Call our WARMLINE at (610) 251-9405

Email: nursingmothersalliance@yahoo.com

Weekly group meetings in Collegeville and King of Prussia

Delaware County

Greater Philadelphia Area LLLI Helpline: 610 666-0359

LLL Media <http://www.llofeasternpa.org/DelCoMainLinePA.html>
610-892-9787 Barbara Crozier 19086 bcropet@hotmail.com
4th Thursdays 10 am.
Ohm Family Chiropractic 327 N. Middletown Road, Media, PA 19063

Lifecycle Women Care

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

Breastfeeding Mother's Group at Riddle Hospital

Tuesdays noon to 1 pm. 2nd floor conference room, Rothman Building. Scale available.
www.mainlinehealth.org/breastfeeding-mothers/groups
HooverK@MLHS.org

Delaware County WIC

Kathy Tyrrell 484-472-7022

Montgomery County

Abington Area NM NMAC www.facebook.com/abington.nursing.moms
19001, 06, 09, 12, 25, 27, 38, 40, 44, 46, 90, 95
267-243-4939 Nicole Deming

Ambler Area NMAC

18936
190: 02, 34. 194: 01, 03, 22, 36-37, 44, 54, 62,77
Amy Nucera 215-643-5484 amyjne@verizon.net
www.facebook.com/NMAC.ambler.nursing.moms

Breastfeeding Resource Center

215-886-2433 Mon-Friday 9-4pm Check website for dates and times
1355 Old York Road, Ste 101 Abington 19001
www.breastfeedingresourcecenter.org

Bryn Mawr Hospital Breastfeeding Support Group

Call 484-565-8075 or see website for dates for both groups
www.mainlinehealth.org/breastfeeding-mothers-group
Bryn Mawr Hospital, Conf Room F, 2nd floor, E wing, Thursdays 2-3 pm
Every other Saturday for currently working moms only: 11 am
Employee Education Classroom

Harleysville NM

180: 54, 74, 76, 84 189: 18, 24, 58, 62, 69
194: 23, 26, 30, 35, 38, 43, 50, 51, 73, 74, 78
610-584-4013 Marilyn Boone dutch@nni.com

Lansdale-North Wales NPNM

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

North Penn Nursing Mothers

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

Nursing Mothers Alliance

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

Lankenau Medical Center

484-565-8075

www.mainlinehealth.org/breastfeeding-mothers-groups**Lifecycle WomenCare and Birth Center – Rosemont**

Patty Siegrist 610-525-6106

<http://www.lifecyclewomancare.org/get-involved/events/lifecycle-womancare-breastfeeding-support-group-rosemont/>**LLL of Central Montgomery County**<http://www.llofeasternpa.org/web/MontgomeryCentralPA.html>www.facebook.com/pages/La-Leche-League-of-Central-Montgomery-County-Pennsylvania/184515870425

610-287-8190 Ginny

215-380-0861 Leah

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

215-886-1693 Mary Ann Albert, Orelan

215-822-3964 Andy

215-828-6483 Ellen

215-287-5819 Marjorie

Morning Meetings 2nd Tuesdays 10 am Calvary Presbyterian Church, WyncoteEvening Meetings 3rd Mondays 7 pm**Phoenixville/Downingtown/Coatsville NM NMA**

19320, 35, 41, 44, 355

19402, 03, 25-26, 32, 53, 455, 60, 64-65, 68, 75, 81

19525

610-251-9405 Warm line

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.orgnmapasub@yahoo.com**On-line support**

Philly Moms Do Breastfeed

A closed Facebook group

<https://www.facebook.com/groups/921661394573708/><http://groups.google.com/group/pennsymoms?lnk=srq>

Anyone can join this group.

<http://forums.llli.org/index.php>

La Leche League Mothers' Forum

<http://normalizebreastfeeding.org/2016/11/philadelphia-pa-normalize-breastfeeding-tour/>**See FACEBOOK Section in Website Chapter****For Physicians:** www.drmlk.org

Chapter 4 - Hospital Programs

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

These hospitals are Baby-Friendly designated: Thomas Jefferson University Hospital, Pennsylvania Hospital, and the Hospital of the University of Pennsylvania.

Children's Hospital of Philadelphia is designated a Keystone-10 facility.

Philadelphia County

215-456-5751
Jane Dougherty RN, IBCLC
Einstein Medical Center Philadelphia
5501 Old York Road
Philadelphia, PA 19141

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

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

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

Warmline: 215-829-5046
Debi Page Ferrarello, RN, MS, IBCLC,
215-829-5085
4 permanent staff
6 per diem
3-5 interns in 10-week blocks
Pennsylvania Hospital
800 Spruce Street
Philadelphia, PA 19107
Solutions for Women
215-829-5046

215-955-6665
6 IBCLCs on staff
Thomas Jefferson University Hospital
1225 B Pavilion Building
117 South 11th Street
Philadelphia, PA 19107-4998

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

Bucks County

215-345-2864 ext#4637
Lyn L. McNair, RNC, IBCLC
Doylestown Hospital
595 West State Street
Doylestown, PA 18901

215-453-4594 <pyoung@gvh.org>
Phyllis Young RN, ICCE, IBCLC
Grand View Hospital
700 Lawn Avenue
Sellersville, PA 18960

215-710-5988
Lisa Petrino, RN, BSN, IBCLC
St. Mary Medical Center
Langhorne-Newtown Road
Langhorne, PA 19047

Chester County

610-738-2582
Robin Frees BA, IBCLC
The Chester County Hospital
701 E. Marshall Street
West Chester, PA 19380

484-565-1515
Donna Sinnott, BBA, IBCLC
Paoli Hospital
255 W. Lancaster Ave.
Paoli, PA 19301

610-983-1266
Cathy Kandler, RN, IBCLC
Phoenixville Hospital
140 Nutt Road
Phoenixville, PA 19460

Delaware County

610-525-6106
Patty Siegrist, RN, IBCLC
The Birth Center
918 County Line Road
Bryn Mawr, PA 19010

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

Lehigh County

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

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

610-954-1355
3 IBCLCs on staff
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 18104

Montgomery County

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

484-622-2226
Karen Meade, RN, IBCLC
Einstein Medical Center Montgomery
559 West Germantown Pike
East Norriton PA, 19403

494-337-8241
Terry Sanborn, RN, BS, IBCLC
Bryn Mawr Hospital
130 S. Bryn Mawr Avenue
Bryn Mawr, PA 19010

215-938-2968
Services contracted to the
Breastfeeding Resource Center:
Holy Redeemer Hospital
1648 Huntingdon Pike
Meadowbrook, PA 19046

Services contracted to the
Breastfeeding Resource Center:
Lankenau Medical Center
100 East Lancaster Avenue
Wynnewood, PA 19096

Chapter 5 - Community Lactation Consultant/Counselor Services (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.

The Breastfeeding Resource Center has 3 offices; Abington, Bensalem and King of Prussia.
A sliding scale is offered. www.breastfeedingresourcecenter.org

Find a Certified Lactation Counselor, Advanced Lactation Counselor or Advanced Nurse Lactation Counselor: www.talpp.org

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

"This list is updated periodically. Go to the website, www.pro-ic/find_ic, for the most current information."

PRO-IC LACTATION CONSULTANT LISTING - ALPHABETICAL BY LOCATION					
LOCATION	NAME	AREA COVERED (for home visits)	CONTACT INFO	OFFICE OR HOME VISITS	OTHER SERVICES
Abington	Breastfeeding Resource Center Colette M. Acker, BS, IBCLC. Janice E. McPhelin, BS, IBCLC. Jennifer McClure, IBCLC. Michelle Farfel, IBCLC		Phone: 215-886-2433 Website: www.BreastfeedingResourceCenter.org	Office Visits 1355 Old York Road Abington 19001	<ul style="list-style-type: none"> • \$10 Weight checks • Breastpump rentals & sales • Scale rentals • Nursing bras, pillows, stools, & breastfeeding accessories • Support group meetings & parent classes • Aetna provider • Independence Blue Cross provider
Bala Cynwyd	Main Line Nutrition Services Gordana Chelsvig , MA, RD, IBCLC, CBCST	Delaware & eastern Montgomery counties, Narberth, Philadelphia	Phone: 610-667-1588	Office and Home Visits 112 Bala Avenue Bala Cynwyd 19004	<ul style="list-style-type: none"> • Phone consultations • Herbalist • Craniosacral therapy
Bensalem	Breastfeeding Resource Center at St. Mary's Carole Hahn, RD, LD, IBCLC Erin Sheridan, IBCLC		Phone: 215-639-6708 Web: www.BreastfeedingResourceCenter.org	Office visits 3034-A Knights Rd, Bensalem, PA 19020 Enter off of Knights Road and ring the doorbell	<ul style="list-style-type: none"> • Weekly Support Group • Medicaid patients have no charge! • Sliding Scale • Se habla español • Aetna provider • Independence Blue Cross provider
Berks County	Vicky Sullivan , IBCLC	Berks and surrounding counties	Phone: 917 742 2659 vickysullivantlc@gmail.com https://www.facebook.com/Victoria-Sullivan-IBCLC-Lactation-Consultant-1541729032795176/	Home Visits	<ul style="list-style-type: none"> • Independence Blue Cross provider
Bryn Mawr	Patty Siegrist , RN, IBCLC Lifecycle Woman Care and Birth Center		Phone: 610 525 6106 psiegrist@lifecyclewomanare.org www.lifecyclewomanare.org	Office Visits 918 County Line Road Bryn Mawr 19010	

Bucks and Montgomery Counties	Margiotti & Kroll Pediatrics Suzi Garrett, IBCLC	Offices in Newtown, Trevoese, Warrington, NE Philadelphia, & Horsham	Phone: 215-346-6177 Email: sgarrett@mkped.com Website: http://www.mkped.com	Office Visits weekdays and evenings **You do not have to be a patient of this practice for visits	<ul style="list-style-type: none"> Aetna provider Independence Blue Cross provider
Delaware County	Brooke Azevedo , BS, IBCLC	Delaware and Philadelphia Counties	Phone: 805 709 1133 brookeazevedo@gmail.com https://www.brookeknowsbr east.com/	Office Visits Home Visits	<ul style="list-style-type: none"> Aetna provider Independence Blue Cross provider
Delaware County	Linda Derbyshire , BS, IBCLC	Center City, Main Line, Delaware County, Philadelphia	Phone: 610-316-9157 Email: lindaderbyshire@gmail.com Website: www.centercitypediatrics.com	Office Visits Home Visits	<ul style="list-style-type: none"> Phone/scypeconsultations Aetna provider Independence Blue Cross provider
Delaware County	Lisa Mandell , MBA, IBCLC	Main Line, Havertown, Villanova, Delaware County, Philadelphia	Phone: 610-517-9552 Email: lisa@lisamandell.com Website: www.lisamandell.com	Office Visits and limited home visits: Nemours DuPont Pediatrics Villanova, Villanova Center, 789 Lancaster Ave, 19085	<ul style="list-style-type: none"> Phone consultations Weekly support group Aetna provider Independence Blue Cross provider
Delaware County	Christine Sweeney , BSN, IBCLC	Delaware County, Delaware	Phone: 610-996-1543 lactationaide@yahoo.com	Home Visits Office Visits for Advocare Broomall Pediatrics only	
Doylestown, Upper Bucks	Best for Babies Jean Krauss, RN, BSN, IBCLC Cindy Jarret, RNC, IBCLC	Doylestown, Upper Bucks	Phone: Jean Kraus 215-837-6664 jeanibclc@yahoo.com Cindy Jarret 215-534-3439 cjarret@hotmail.com	Home Visits	
Elkins Park	Nikki Lee RN, BSN, MS, Mother of 2, IBCLC, CCE, CIMI, ANLC, CKC	Philadelphia, Eastern Montgomery County, Lower Bucks County	Email: nleeguitar@aol.com Website: www.nikkileehealth.com Twitter: @nikkileehealth Facebook: www.facebook.com/nikkileehealth	Office Visits & Home Visits	<ul style="list-style-type: none"> Holistic Lactation Consultant Craniosacral Therapy Baby bodywork
Elkins Park	Linda Ivker RNC-OB, BSN, IBCLC	Philadelphia, Montgomery County, Delaware County	Phone: 215 512 0075	Home Visits	
Havertown Villanova	Lisa Mandell , MBA, IBCLC	Main Line, Delaware County, Philadelphia	Phone: 610-517-9552 Email: lisa@lisamandell.com Website: www.lisamandell.com	Office Visits and limited home visits: Nemours DuPont Pediatrics Villanova, Villanova Center, 789 Lancaster Ave, 19085	<ul style="list-style-type: none"> Phone consultations Weekly support group Aetna provider Independence Blue Cross provider
King of Prussia	Amy Siegrist , BS, IBCLC	Montgomery, Chester & Delaware Counties, Main Line	Phone: 484-919-1027 Email: amyibclc@gmail.com Website: www.breastfeedingbond.com	Office Visits Home Visits	<ul style="list-style-type: none"> Aetna provider Independence Blue Cross provider
Langhorne	Breastfeeding Help Center Susan Slear, RN, CCE, CHBE, IBCLC	Philadelphia CenterCity, South Phila, Northeast, Bucks County, Eastern Montgomery County and some parts of NJ	Phone: 215-757-6006 or 267-231-9442 Email: susan.slear@gmail.com www.facebook.com/BreastfeedingHelpCenter Website: www.BreastfeedingHelpCenter.com	<i>Currently not seeing new clients</i> 856 Fernwood Avenue Langhorne 19047	<ul style="list-style-type: none"> Ameda pump parts & milk storage bags Aetna provider Independence Blue Cross provider

Lehigh Valley	Blossom Baby Lehigh Valley Lactation Services Amy E. Nansteel, MA, IBCLC, RLC	Souderton, Ottsville, Montgomery, Bucks, Upper Bucks, Doylestown, Lehigh Valley	Phone: 610-737-9851 Email: amy@lehighvalleylactation.com Website: www.Lehighvalleylactation.com	Home Visits	<ul style="list-style-type: none"> • Aetna provider
Levittown	Breastfeeding Helper PC Gail Dittes, IBCLC	Most of Bucks County, NE Phila and parts of NJ	Phone: 267-879-5000 Email: GailDittes@BreastfeedingHelper.com Website: www.BreastfeedingHelper.com www.facebook.com/GailDittesRN	Home Visits	<ul style="list-style-type: none"> • Aetna provider • Independence Blue Cross provider
Media	Alison Neuhaus, MA, IBCLC	Delaware County, Main Line, West Chester, Northeastern Delaware, Philadelphia (parts)	Phone: 610-761-4974 Email: asneuhaus@verizon.net	Home Visits	<ul style="list-style-type: none"> • Aetna provider • Independence Blue Cross provider
Montgomery County	Erica Diehl, MS, IBCLC	Limerick, Collegeville, Pottstown and surrounding areas	Phone 215-275-3603 Email: erica.l.diehl@hotmail.com Website: http://erica-ibclc.com	Home visits	<ul style="list-style-type: none"> • Aetna provider • Independence Blue Cross provider
Morrisville	Lisa Petrino, RN, BSN, IBCLC	Most of Bucks County	Phone: 267-994-4513	Home Visits	<ul style="list-style-type: none"> • Ameda sales
Ottsville	Cathy Snyder, RN, BSN, IBCLC	Northern Bucks County and parts of Montgomery County	Phone: 215-290-4387 Email: cathysnyderibclc@yahoo.com	Home Visits	<ul style="list-style-type: none"> • Private Breastfeeding Classes • Phone Consults • Aetna Provider • Independence Blue Cross provider
Paoli	Molly Zangrilli, IBCLC	Chester, Delaware, Montgomery, Bucks	Phone: 215-205-2210 Email: molly@mollyzLC.com Website: www.mollyzLC.com	Home Visits	<ul style="list-style-type: none"> • Independence Blue Cross provider
Philadelphia	Lisa Broderick-Cohen, IBCLC, RLC	Philadelphia South Jersey	Phone: 215-407-1422 Email: lisa@blissedoutmamas.com Website: www.blissedoutmamas.com	Home visits Cyber visits Office visits	<ul style="list-style-type: none"> • Creator and sales of Blissful Nipple Balm • Aetna provider
Philadelphia	The Children's Hospital of Philadelphia Rachelle Lessen, MS, RD, IBCLC		Phone: 215-590-4442	Office Visits	<ul style="list-style-type: none"> • Specialist in poor weight gain & allergies • Registered dietitian providing guidance on maternal diet • Medela pump & scale rentals
Philadelphia	Center City Pediatrics Breastfeeding Support Group Linda Derbyshire, BS, IBCLC		Phone: 215-735-5600 and 610-316-9157 Email: lindaderbyshire@gmail.com Website: www.centercitypediatrics.com	Office Visits Home Visits You do not need to be a patient of the practice for visits or support group	<ul style="list-style-type: none"> • Breastfeeding support group • Phone/scype consultations • Aetna provider • Independence Blue Cross provider
Philadelphia	West Philly Lactation April Rosenblum, IBCLC	Philadelphia, Main Line, Delaware County	Phone: 267-888-MILK (-6455) - texts ok Email: westphillylactation@gmail.com Website: www.westphillylactation.com	Home Visits Office Visits	<ul style="list-style-type: none"> • Aetna provider • Independence Blue Cross provider

Philadelphia	Freedom to Feed Rachel Gazda , IBCLC, CD(DONA)	Philadelphia, Bucks, PA & Camden Counties, NJ	Phone: 267-225-2383 Email: Freedom Feed@gmail.com Website: www.rache lgazda.com	Please contact for availability	<ul style="list-style-type: none"> • Aetna provider • Independence Blue Cross provider
Philadelphia	Mom+Baby, LLC Rosalie Kmiec, IBCLC	Philadelphia	Phone: 610-322-4932 Email: Rosalie@mombabyphiladelphia.com	Home visits	<ul style="list-style-type: none"> • Aetna provider • Independence Blue Cross provider
Philadelphia 19119	Carol Tenneriello , RN, IBCLC 7433 Sprague St.	Philadelphia and parts of Montgomery, Bucks and Delaware Counties	Phone: 215-248-0197 Email: milkyway4@verizon.net	Home visits	<ul style="list-style-type: none"> • Aetna provider • Independence Blue Cross provider
Philadelphia/Greater Philadelphia Area	BestFeeding Lactation & Feeding Consultation Rebecca A. Walker, BSN RN IBCLC	Philadelphia, Main Line, Delaware & Montgomery Counties	Phone: 717-856-2705 Email: info@bestfeedinglc.com Website: www.bestfeedingLC.com	Home Visits	<ul style="list-style-type: none"> • Aetna provider • Independence Blue Cross provider
Phoenixville	Kristin Burns , BA, IBCLC	Chester, Montgomery, Berks, and Delaware Counties	Phone: 267-664-8648 www.bothbettertogether.com Kristin@bothbettertogether.com	Home visits	<ul style="list-style-type: none"> • Aetna provider • Independence Blue Cross provider
Pottstown	Janet Graczyk , BS, IBCLC	Chester, Berks & Montgomery Counties	Cell: 484-808-7694 janetibclc@gmail.com www.janetgraczyk.com	Home Visits	<ul style="list-style-type: none"> • Aetna provider
Pottstown	Mother 2 Mother Matters Angela Quinn BS, IBCLC	Northern Chester County, Western Montgomery County, Eastern Berks County, southern Lehigh County	Phone - 484-857- BABY (484-857-2229) Website - www.Mother2MotherMatters.com www.facebook.com/Mother2MotherMatters www.growingplacepa.com	Home Visits Office Visits at The Growing Place (Emmaus, PA);	<ul style="list-style-type: none"> • Aetna provider
Pottstown	Jillian Nemeth , BA, IBCLC	Chester, Berks & Montgomery Counties	Cell: 215-528-8759 Email: jillian_nemeth@yahoo.com Website: www.jnlactationconsulting.com Jillian Nemeth Lactation Consulting Pottstown PA PoPottstown,PAPA	Home Visits	<ul style="list-style-type: none"> • Aetna provider
Reading	Cindy Griffis , RN, BSN, IBCLC, RLC	Berks and surrounding area	Phone: 610-378-2068	St. Joseph Medical Center Bern Campus OutpatientDepartment	<ul style="list-style-type: none"> • Support group twice a month
Reading	Miri Levi , FNP-BC, CNM, IBCLC Just Living Healthcare	Berks, Montgomery, Lehigh, Bucks, Chester, Delaware, Lancaster, Lebanon, and Schuylkill counties	Phone: 484-985-9719 Email: miri@justlivinghealthcare.com Website: www.justlivinghealthcare.com	Office Visits in Douglassville, PA. Home visits – see areas covered.	<ul style="list-style-type: none"> • Accepts most health insurance • Breastfeeding classes • Family and women's health services • Retail products
Souderton	Amazing Newborn Judy Crouthamel RNC, IBCLC	Bucks County & Montgomery County	Phone: 610-584-6111 Email: judy.crouthamelibclc@yahoo.com Website: www.amazingne wborn.com	Office Visits & Home Visits	<ul style="list-style-type: none"> • Nursing clothing & bras sales • Aetna provider • Independence Blue Cross provider

Chapter 6 - Related practitioners and Complementary Therapies

These are practitioners who have been found to be knowledgeable about and supportive of breastfeeding. Updates welcomed!

Pediatric Allergist

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

Breast Surgeon:

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

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

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

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

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

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

Will evaluate and treat frenula:

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

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

Paul Bahn, DMD Temple University Hospital bahndmd@gmail.com

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

Lisa Elden MD 610-337-3232
King of Prussia

Meg Kawan MD, IBCLC 609-641-0200

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

Albert LaTorre DDS 215-491-0502
Warrington, 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

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 215-247-4400
Pediatrician, homeopath www.lindabakermd.com

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

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

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

Adriane Dourte R.O.M. 484-319-7700 Offices in Manayunk and Media

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

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

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

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

Practitioners trained in Beckman Oral Motor Assessment
<http://www.beckmanoralmotor.com/therapists.htm>

- 1) Irene Jackson SLP ijackson@theraplayinc.com 484-369-8953
Limerick, PA 19468
- 2) Melissa DeJoseph SLP hppykey@aol.com 516-398-7029
Wayne, PA 19087
- 3) Jaclyn Polakoff SLP Jaclyn.polokoff@gmail.com
Philadelphia, PA 19146

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

Jolaine Baran SLP Paoli Hospital 484-565-1063

Craniosacral therapists:

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

Christine Hoefelder 610-505-8946 <http://www.kindersassage.com>

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

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

Infant Massage Instructors:

www.lovingtouch.com click on "Find an instructor"
www.infantmassageusa.org click on "Educator Directory"

Dermatologists:

Barry Friter MD 215-947-7500 Huntingdon Valley, PA

Paul Gross MD 215-829-3576 Pennsylvania Hospital

Jonathan Winter MD 856-589-3331 Sewell, NJ

Michele Ziskind MD 610-296-5801 Paoli, PA

Julia Cohen MD 610-924-0135 Newtown Square and Bryn Mawr, PA (treats blebs)

Pediatric Gastroenterologist

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

Radiologist to Read Mammogram in Lactating Woman:

Barbara Cavanaugh, MD 215-955-5400 Jefferson-Honickman Breast Imaging Center

Kimberly A. Kubek, MD 610-356-9030 Newtown Square, PA 19073

Breast Thermogram:

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

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

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

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

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

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

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

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

Margiotti and Kroll Pediatrics, P.C.
www.mkpeds.com
3 offices (Newtown, Trevoise,
Warrington)
Lactation Services Voice Mail
215-346-6177

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

Cowpath Pediatrics
108 Cowpath Road, #1
Lansdale, PA 19446
215-855-1599

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

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

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
brc4babies@comcast.net
Abington, PA 19001

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

Elizabeth Brooks JD, IBCLC, FILCA
Wyndmoor, PA, 19038
215.836.9088
liz.brooks@yahoo.com

Constance Gleckler IBCLC
Cherry Hill, NJ, 08034
856 795 8554

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

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

Lisa Mandell MBA, IBCLC
Havertown, PA, 19083
610.517.9552 lisa@best4both.com

Katja Pigur, M.Ed., CLC
Director of Breastfeeding Services
Maternity Care Coalition
Philadelphia, PA 19130
215 989 3564

Janice McPhelin BS, IBCLC
Abington, PA
215-886-2433
janice_brc@comcast.net

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

215-456-8305

Department of Obstetrics and Gynecology

Albert Einstein Medical Center

5501 Old York Road

Philadelphia, PA 19141

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

Centering Pregnancy classes offered include breastfeeding.

215-762-4381

Registrar: Jacqueline Neff

Hahnemann University Hospital

Broad and Vine Streets

Philadelphia, PA 19102

Classes offered Saturday mornings and Thursday evenings; schedule is variable

Call for times and dates.

Free for those delivering at Hahnemann; \$20 check or money order per couple if delivering elsewhere.

215-662-3243

1-800-789-PENN

Sue Stabene

Hospital of the University of Pennsylvania

3400 Spruce Street

Philadelphia, PA 19104

Six week preparing for childbirth course includes breastfeeding education.

215-829-5020

Pennsylvania Hospital

800 Spruce Street, Philadelphia, PA 19107

rodrigum@pahosp.com

Prenatal breastfeeding class presented monthly. \$35. Free for family, friends, and those on medical assistance.

215-955-6713

Terry O'Brien

Thomas Jefferson University Hospital

111 South 11th Street

Philadelphia, PA 19107

See schedule at: <http://hospitals.jefferson.edu/calendar-of-events/maternity/breastfeeding-class/>

1-800-JEFF NOW

Parent Education Coordinator

Bucks County

215-345-2121

Doylestown Hospital

595 West State Street

Doylestown, PA 18901

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.

215-453-4100

Grand View Hospital

700 Lawn Avenue

Sellersville, PA 18960

For schedule, costs and registration, visit: <https://www.gvh.org/classes/>

215-710-6667

St. Mary Medical Center

Langhorne-Newtown Road

Langhorne, PA 19047

Breastfeeding, childbirth, and maternity classes. For schedule, costs and registration, visit:

<http://www.stmaryhealthcare.org/calendar>

610-584-6111

<http://amazingnewborn.com/services/>

Private classes: \$150. 2 support persons allowed.

Judy Crouthamel, RNC, BSN, IBCLC

Souderton, PA.

Chester County

610-738-2300

Chester County Hospital

701 East Marshall Street

West Chester, PA 19380

Monthly classes. \$40/couple

1-866-CALL-MLH

Paoli Hospital

255 W. Lancaster Avenue

Paoli, PA 19301

Monthly classes. \$45/couple

www.mainlinehealth.org/evc/Page.asp?PageID=EVC001762&Date=2016-11-28T19:00:00&dateID=163235

610-983-1288

Phoenixville Hospital

826 Main Street Suite 300

Phoenixville, PA 19460

A breastfeeding class is offered every month except December. \$35/couple

Calendar and registration at: <http://www.phoenixvillehospital.com/phoenixville-hospital/Events.aspx?calendar=y>

Delaware County

<http://www.crozerkeystone.org/calendar/event-search-results/?TermId=301a31eb-b459-e011-a42c-00505682182a>

1-866-225-5654

Crozer-Chester Medical Center

Every other Tuesday evening 7:30-0:30 check website calendar for location

Fee \$25 per couple

1.866.CALL.MLH (225.5654), or you can go on-line to register

www.mainlinehealth.org/events/2017/07/24/1900/prenatal-breastfeeding?id=086570BA-985A-4CD2-A6B8-58E6B24C45AE

Riddle Hospital

Montgomery County

215-481-6800

Breastfeeding, childbirth, and newborn classes.
Childbirth Education Department
Abington Memorial Hospital

Registration required. Fee: \$30, Dad & grandparents free!

1-866-CALL-MLH (MainLine Health)

Bryn Mawr Hospital

Prenatal breastfeeding classes are held monthly from 7-9 PM. Support persons are encouraged to attend. \$45/couple.

www.mainlinehealth.org/evc/Page.asp?PageID=EVC001762&Date=2016-11-28T19:00:00&dateID=163235

484-622-2267

Montgomery Hospital Medical Center

559 West Germantown Pike
East Norristown, PA 19403

Register by phone

See website for breastfeeding and newborn classes, schedules, and cost:

<http://www.einstein.edu/obstetrics-and-gynecology/support-groups/>

1-800-818-4747

<http://www.holyredeemer.com/Main/ChildbirthClasses.aspx>

Holy Redeemer Hospital

1648 Huntingdon Pike
Meadowbrook, PA 19046

Breastfeeding class offered 1st Tuesday of every month, 7:30-9:30 pm
\$20 per family

610-327-7213, 7200

Debra Werner, RN, CLC

Pottstown Memorial Medical Center

1600 E. High Street

Pottstown, PA 19464

Schedule at: <http://www.pottstownmemorial.com/pottstown-memorial-medical-center/Events.aspx?calendar=y&date=>

610-584-6111

<http://amazingnewborn.com/services/>

Private classes: \$150. 2 support persons allowed.

Judy Crouthamel, RNC, BSN, IBCLC

Souderton, PA.

Chapter 10 - Pumps and Breastfeeding Equipment

Breast pumps come in a range of styles and prices. Selection of a pump depends on its purpose. Multiple-user electric breast pumps used in hospitals or as rental pumps are recommended for long-term, heavy use, such as a mother pumping for a premature infant 8 to 12 times a day. 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 the WIC chapter** about renting a multiple-user pump.

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

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

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

Contact the sites below to find a local durable medical equipment (DME) company that accepts the insurance, or retail provider near to the mother.

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

Hollister/Ameda/Egnell

www.ameda.com
485 Half Day Road, Suite 320
Buffalo Grove, IL 60089
877-99-AMEDA
Facebook, Google Hangout and
Twitter

Medela, Inc.

www.medela.com
800-435-8316
1101 Corporate Drive
McHenry, IL 60050
Facebook, Pinterest, Twitter, Youtube

Hygeia II Medical Group, Inc.

www.hygeiababy.com
2713 Loker Avenue West
Carlsbad, CA 92010 USA
Phone: 888-786-7466
Fax: 760 918.0398
Sales@HygeiaBaby.com
Facebook, Google Hangout, Pinterest,
Twitter, Youtube

Limerick, Inc.

www.limerickinc.com
2150 N. Glenoaks Blvd.
Burbank, CA 91504-4327
Phone: 877-limeric (546-3742)
Fax: 818-566-1260
customerservice@limerickinc.com
Facebook, LinkedIn, Twitter

Spectra Baby USA

www.spectrababyusa.com
6851 SW 21st Court
Suite 1
Davie, FL 33317
Phone: 855-44-MOMBABY
customerservice@spectrababyusa.com
Facebook and Twitter

Philips USA

www.usa.philips.com
Avent pumps
800-542-8368
Tweet your questions to @PhilipsCare
Also Facebook and Youtube

Exclusively Pumping Mothers: <http://exclusivepumping.com/>

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
610-649-7769	Joanne Siciliano, Ardmore, PA
215-345-2200	Doylestown Hospital, Doylestown, PA 18901
888-848-7867	PPD Homecare, Inc., Mantua, NJ
215-829-5046	Solutions for Women, Philadelphia, PA

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

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

A video that shows how to do test weighing:

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

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

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

Chapter 12 - 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"

www.bfmed.org/Media/Files/Protocols/Contraception%20During%20Breastfeeding.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>

Contraindications for Breastfeeding from CDC.gov/breastfeeding/disease/index.htm 2017:

WHEN A MOTHER:

- Has human immunodeficiency virus (HIV) type I & II
- Is using or dependent upon an illicit drug or alcohol
- Has Human T-cell leukemia virus type I & II.
- Is taking prescribed cancer chemotherapy agents
(N.B. *Current clinical practice is exploring the use chemotherapy in pregnancy and breastfeeding.*)
- Is taking antiretroviral medications
- Is undergoing radiation therapies (can require temporary weaning)
- Has untreated, active tuberculosis
- Has active untreated brucellosis (<http://pediatrics.aappublications.org/content/129/3/e827.full>)

WHEN A BABY:

- Has classical galactosemia, tyrosinemia, or other rare genetic metabolic disorders
- Has PKU

Partial breastfeeding may be possible when a baby has PKU or Duarte's galactosemia (Alternating breastfeeding with special protein-free or modified formulas can be used in feeding infants with other metabolic diseases (such as phenylketonuria), provided that appropriate blood monitoring is available <http://pediatrics.aappublications.org/content/129/3/e827.full>)

For additional information, visit American Academy of Pediatrics' Breastfeeding and the Use of Human Milk[PDF-797KB] or read: American Academy of Pediatrics Committee on Drugs. (2013) The Transfer of Drugs and Therapeutics Into Human Breast Milk: An Update on Selected Topics. Pediatrics 132(3):e796-e809.

Immunizations and Breastfeeding 2015:

"Breastfeeding is NOT a contraindication to the administration of any vaccine, EXCEPT smallpox." "Do not administer smallpox vaccine to nursing women."

"While it is unlikely that the (Hepatitis A) vaccine would cause untoward effects in breastfed infants, consider administering immune globulin rather than the vaccine."

Vaccines for Japanese encephalitis, pneumococcal vaccine, rabies, tuberculosis, typhoid and yellow fever need to be researched further as data are currently lacking.

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

Jaundice and Breastfeeding

Primary Prevention: "Clinicians should advise mothers to nurse their infants at least 8-12 times per day for the first several days. Poor caloric intake and/or dehydration associated with inadequate breastfeeding may contribute to the development of hyperbilirubinemia."

"The AAP recommends against routine supplementation of nondehydrated breastfed infants....."

"In breastfed infants who require phototherapy, the AAP recommends that...breastfeeding should be continued....." In breastfed infants receiving phototherapy, supplementation with expressed breast milk or formula is appropriate if the infant's intake seems inadequate, weight loss is excessive (over 10%) or the infant seems dehydrated.

Assessment of Adequacy of Intake in Breastfeeding Infants

The data from a number of studies indicate that unsupplemented, breastfed infants experience their maximum weight loss by day 3 and, on average, lose $6.1\% \pm 2.5\%$ (SD) of their birth weight. Thus, ~5% to 10% of fully breastfed infants lose 10% or more of their birth weight by day 3, suggesting that adequacy of intake should be evaluated and the infant monitored if weight loss is more than 10%. Evidence of adequate intake in breastfed infants also includes 4 to 6 thoroughly wet diapers in 24 hours and the passage of 3 to 4 stools per day by the fourth day. By the third to fourth day, the stools in adequately breastfed infants should have changed from meconium to a mustard yellow, mushy stool. The above assessment will also help to identify breastfed infants who are at risk for dehydration because of inadequate intake."

AAP Clinical Practice Guidelines: "Management of Hyperbilirubinemia in the Newborn Infant 35 or more weeks' gestation" PEDIATRICS 2004; 114(1):297-316

<http://pediatrics.aappublications.org/content/114/1/297>

Breastfeeding Interrupted or Postponed:

EXPRESSED MILK CAN BE GIVEN:

Active herpetic lesions on breast:

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

"If the lesions are on only one breast, mother may continue breastfeeding on the unaffected breast while pumping and discarding on the affected breast. She should keep the affected breast covered and use meticulous 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."

Active untreated tuberculosis

P. 425 "Breastfeeding can safely continue when the mother, infant, or both are receiving anti-TB therapy." "Breastmilk can be expressed and given to the infant during the short separation."

<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."

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

Gonorrhea: p. 416

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

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

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

MRSA: p. 419 "Management... should be based on severity of disease and whether the infant is premature, LBW, VLBW, previously ill or full term."

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

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

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

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

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

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

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

Surgery and Breastfeeding

"When an infant undergoes a surgery or diagnostic examination under anesthesia, the mother must withhold breastfeeding for at least 4 hours prior to anesthesia."

http://www.bfmed.org/Media/Files/Protocols/Protocol25_English_080312.pdf

After a woman has had surgery she may breastfeed when she is alert enough to safely hold the baby; at that time, enough of the anesthesia is out of her body that it is safe to breastfeed.

Encourage breastfeeding (or breastmilk feeding) when:

A baby has a cleft lip or palate or any congenital anomaly or disorder
A baby is jaundiced
A baby has diarrhea or otherwise ill
A baby is two, three, four years old or older

A mother is nursing 1, 2 or 3 other children
A woman is pregnant
A woman has twins, triplets, or quadruplets (as many as seven!)
A woman is a teenager or post-menopausal
A woman needs a mammogram
A woman has had breast surgery
A woman is adopting a baby (even if she has never been pregnant)
A woman has a breast infection
A woman has had cancer and is recovered
A woman has had an organ transplant
A woman has had gastric bypass surgery (she needs to keep taking her post-bypass vitamin supplements, particularly B-12, as prenatal vitamins may not be enough).

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

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

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 5, Number 3, 2010

Traveling with Human Milk:

[https://apps.tsa.dhs.gov/mytsa/cib_results.aspx?search=breast milk](https://apps.tsa.dhs.gov/mytsa/cib_results.aspx?search=breast%20milk)

Medically required liquids, such as baby formula and food, breast milk and medications are allowed in excess of 3.4 ounces in reasonable quantities for the flight. It is not necessary to place medically required liquids in a zip-top bag. However, you must tell the Transportation Security Officer that you have medically necessary liquids at the beginning of the screening checkpoint process. Medically required liquids will be subjected to additional screening that could include being asked to open the container. We recommend, but do not require, that medication be labeled to facilitate the security process. Many airports have designated lanes for families and individuals with items requiring additional assistance with screening.

Traveling with a Breast Pump:

[https://apps.tsa.dhs.gov/mytsa/cib_results.aspx?search=breast pump](https://apps.tsa.dhs.gov/mytsa/cib_results.aspx?search=breast%20pump)

"You may transport this item in carry-on baggage or in checked baggage. For items you wish to carry-on, you should check with the airline to ensure that the item will fit in the overhead bin or underneath the seat of the airplane."

Contaminants in Human Milk:

From: CDC.gov/breastfeeding 2015
<http://www.cdc.gov/breastfeeding/disease/environmentaltoxins.htm>

"Breastfeeding is still recommended despite the presence of chemical toxins... for the vast majority of women, the benefits of breastfeeding appear to far outweigh the risks. Today, effects on the nursing infant have been seen only where the mother herself was clinically ill from toxic exposure."

See: www.ilca.org/files/resources/ilca_publications/EnvironContPP.pdf
www.nrdc.org/breastmilk/default.asp
www.cdc.gov/niosh/topics/ABLES/pdfs/CSTE_2007_Fagan.pdf
www.ncbi.nlm.nih.gov/pmc/articles/PMC2569122/
<https://drive.google.com/file/d/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."

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

Location	Temperature	Duration	Comments
Countertop, table	Room temperature (up to 77°F or 25°C)	6–8 hours	Containers should be covered and kept as cool as possible; covering the container with a cool towel may keep milk cooler.
Insulated cooler bag	5-39°F or -15-4°C	24 hours	Keep ice packs in contact with milk containers at all times, limit opening cooler bag.
Refrigerator	39°F or 4°C	5 days	Store milk in the back of the main body of the refrigerator.
Freezer			Store milk toward the back of the freezer, where temperature is most constant. Milk stored for longer durations in the ranges listed is safe, but some of the lipids in the milk undergo degradation resulting in lower quality.
Freezer compartment of a refrigerator	5°F or -15°C	2 weeks	
Freezer compartment of refrigerator with separate doors	0°F or -18°C	3–6 months	
Chest or upright deep freezer	-4°F or -20°C	6–12 months	
Reference: Academy of Breastfeeding Medicine. (2004) <u>Clinical Protocol Number #8: Human Milk Storage Information for Home Use for Healthy Full Term Infants</u> [PDF-125k]. Princeton Junction, New Jersey: Academy of Breastfeeding Medicine. Available			

Chapter 13 - APPS for breastfeeding and pumping

Mothers and lactation professionals have reported that the apps below have been found accurate and useful.

Baby Connect (free) 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.

BabyTracker: Nursing (\$5) – tracks breastfeeding details

Breastfeeding Central (\$3.99) created by an IBCLC. Proud of its comprehensive, yet no-frills, simple approach

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

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

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.

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

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.

App for prenatal education: <http://www.coffective.com/learn/>
<https://itunes.apple.com/us/app/coffective/id849901936>

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

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

FOR MOTHERS WHO ARE EXCLUSIVELY PUMPING

Pump Log (free) keeps track of everything related to milk production.

Milk Maid (\$2.99) to help mothers manage their stash of milk.

Chapter 14 - 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 of these organizations have Facebook pages, Twitter accounts, and other forms of social media.

Advocacy and Political Action

Baby Milk Action www.babymilkaction.org

Best for Babes www.bestforbabes.org

Ban the Formula Discharge Bags www.banthebags.org

CDC Guide to Breastfeeding Interventions
http://www.cdc.gov/breastfeeding/pdf/breastfeeding_interventions.pdf

National Alliance for Breastfeeding Advocacy
www.naba-breastfeeding.org

Surgeon-General Regina Benjamin's Call to Action:
www.surgeongeneral.gov/library/calls/breastfeeding

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

Billing Codes

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

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

Billing Codes: www2.aap.org/breastfeeding/files/pdf/coding.pdf

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

Blogs

Healthy Children www.ourmilkyway.org

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

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

Books, AV materials, videos, brochures

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

Low-cost Videos in English and Spanish www.dshs.state.tx.us/wichd/bf/videos.shtm

Breastfeeding/Lactation Organizations

(Offer courses, educational materials and conferences)

- Academy of Lactation Policy and Practice** www.talpp.org
- Healthy Children** www.healthychildren.cc
- International Board of Lactation Consultant Examiners** www.iblce.org
- International Lactation Consultant Association** www.ilca.org
- La Leche League International (LLLI)** www.llli.org
- National Association of Professional and Peer Supporters of Color** <http://napplsc.org>
- Wellstart International** www.wellstart.org/resources.html

Breastfeeding Help Sites

- Biological Nurturing** www.biologicalnurturing.com
- Carolina Global Breastfeeding Institute** www.breastfeeding.sph.unce.edu
- Department of Health and Human Services** www.womenshealth.gov/breastfeeding/
- UNC Lactation Program** Clinical protocols and parent handouts
<http://www.mombaby.org/index.php?c=2&s=30&p=623>
- Lactnet** *(listserv for lactation professionals and breastfeeding helpers only)*
Search Google for "LACTNET"
Facebook page by invitation only
- Newborn Weight Tool** www.newbornweight.org/
- Privately run sites**
www.bfar.org (breastfeeding after all types of breast surgery)
www.kellymom.com
<http://newborns.stanford.edu/Breastfeeding>

Childbirth and Doula Organizations

- Birthing From Within** www.birthingfromwithin.com
- BirthWorks** www.birthworks.org
- Childbirth and Postpartum Professional Association** www.cappa.net
- Coalition to Improve Maternity Services (CIMS)** www.motherfriendly.org
- Doulas.com** <http://www.doulas.com/>
(Includes **Operation Special Delivery**, a program that provides free doulas for women whose babies' fathers are in the military.)
- Doulas of North America** www.dona.org
- Hypnobirthing** www.hypnobirthing.com
- ICAN OF SOUTHEASTERN PA (International Cesarean Awareness Network)**
Lisa Hallowell icanofsepa@gmail.com
- International Center for Traditional Childbearing** <https://ictcmidwives.org>
- International Childbirth Education Association** www.icea.org
- Lamaze International, Inc.** www.lamaze.org

Philadelphia Alliance for Labor Support

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

Philly Doula Cooperative

www.phillydoulacoop.com

Child Care Programs

Breastfeeding & Early Childhood Educators Pennsylvania

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

Breastfeeding Information for Child Care Providers

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

Caring for Our Children: National Health and Safety Performance Standards; Guidelines for Early Care and Education Programs, 3rd Edition (CFOC3)

<http://nrckids.org/>

Carolina Breastfeeding-Friendly Child Care Initiatives

<http://breastfeeding.sph.unc.edu/what-we-do/programs-and-initiatives/child-care/>

CDC Support for Breastfeeding in Early Childhood Education

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

What to Do if an Infant or Child Is Mistakenly Fed Another Woman's Expressed Breast Milk

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/childcare.html>

US Department of Agriculture CACFP Breastfeeding and Childcare

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

Children with Special Health Care Needs

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

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

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

<http://www.lalecheleague.org/faq/disabled.html>

Breastfeeding a Baby with Cardiac Disease:

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

Chronic Conditions in the Mother

Blind: <https://nfb.org/images/nfb/publications/brochures/blindparents/parentingwithoutstight.html>

<http://www.illi.org/illleaderweb/lv/lvsepoct92p67.html>

Deaf: <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4112581/>

<http://www.youtube.com/watch?v=P53LvHkJrYE>

<http://www.youtube.com/watch?v=m36FCJLQLGs>

Disability: <http://www.disabledparenting.com/nursing/>

<https://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

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

<http://www.myunion.edu/academics/bachelors/maternal-health-human-lactation>

Lactation Consulting, MA

<http://myunion.edu/academics/masters/health-wellness/>

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>

Facebook Groups

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

Black Mothers Do Breastfeed

Chinese Speaking Breastfeeding Support

Latina Breastfeeding Coalition

Native American Breastfeeding Coalition of Washington

Pan-India

Postpartum Mood Disorders Affect Women of Color Too

Postpartum Support International

Thai

Fathers

FDA: <http://www.fns.usda.gov/wic/fathers-supporting-breastfeeding>

Dads Adventure:

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

Fathers Hold Key to Breastfeeding Success:

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

Formula

FDA regulation of formula

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

How to find the safest organic formula

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

Safe Preparation of Powdered Infant Formula

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

FREE Handouts

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

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

Breastfeeding: An Owner's Manual:

<http://www.nikkileehealth.com/product/breastfeeding-owners-manual/>

Crib Cards

<http://breastfeedla.org/crib-card-template-available/>

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

Diaper Recording Logs (English and Spanish)

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

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

FitWIC Baby Behavior Study:

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

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

Massachusetts Breastfeeding Coalition <http://massbreastfeeding.org/handouts/>

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

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

Breastfeeding: An Owner's Manual:

<http://www.nikkileehealth.com/product/breastfeeding-owners-manual/>

Human Milk: Handling and Storage

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

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

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

Protocol # 8 Human Milk Storage Information for Home Use for Full-Term Infants

American Academy of Pediatrics: www2.aap.org/breastfeeding/faqsbreastfeeding.html

Office of Women's Health: <http://www.womenshealth.gov/breastfeeding/employer-solutions/common-solutions/milk-handling.html>

International Organizations

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

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

WHO Growth Charts

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

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

Large-sized nursing bras

<http://www.decentexposures.com>

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

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

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

Laws and Legal Issues

Breastfeeding Laws by State

<http://www.breastfeedinglaw.com>

National Conference of State Legislatures

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

Human Relations Commission Philadelphia <http://www.phila.gov/humanrelations/Pages/default.aspx>

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:

<http://www.usbreastfeeding.org/Employment/WorkplaceSupport/WorkplaceSupportinFederalLaw/tabid/175/Default.aspx>

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

Women's Law Project Philadelphia and Pennsylvania laws

<http://www.womenslawproject.org/NewPages/hrBreastfeeding.html>

Custody Issues:

- (1) <http://www.illi.org/law/lawus.html>
- (2) <http://theleakyboob.com/2011/02/a-journey-through-breastfeeding-and-visitation/>
- (3) <http://kathydettwyler.weebly.com/2014-court-letter.html>
- (4) www.breastfeedingor.org/wp-content/uploads/2012/10/BCOCoparentingPlan.pdf

Materials in Other Languages

Baby-Friendly UK www.babyfriendly.org.uk/parents/byb.asp

(Arabic, Bengali, Chinese, Gujarati, French, Hindi, Mirpuri, Portuguese, Punjabi, Somali, Spanish, Tamil, Turkish, Urdu, Vietnamese)

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

<http://www.Ethnomed.org> "Integrating cultural information into clinical practice."

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

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

Philadelphia Department of Public Health Materials in 14 languages

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

Medical Organizations

- Academy of Breastfeeding Medicine** www.bfmed.org
- American Academy of Family Practice** www.aafp.org/home.html
- American College of Obstetrics and Gynecology** www.acog.org
- American Academy of Pediatrics (AAP)** www.aap.org/breastfeeding

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
- 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

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**
www.portal.state.pa.us/portal/server.pt/community/breastfeeding_awareness_and_support_program/14206
- Keystone 10 Initiative:**
<http://www.health.pa.gov/My%20Health/Womens%20Health/Breastfeeding%20Awareness/Pages/Keystone-10-Initiative.aspx#.WSQ8BRMrLOQ>
- State Breastfeeding Awareness and Support Plan**
http://www.portal.state.pa.us/portal/server.pt/community/breastfeeding_awareness_and_support_program/14206/breastfeeding_awareness_and_support_plan/558175
- Pennsylvania Resource Organization of Lactation Consultants** www.prolc.org
Where to find an IBCLC; information about minority scholarship

Podcasts about breastfeeding

Academy of Breastfeeding Medicine:

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

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

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

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

Postpartum Depression

Center for Postpartum Depression www.cdc.gov/reproductivehealth/Depression/

Depression Among Women of Reproductive Age www.cdc.gov/reproductivehealth/Depression/

Dr. Katherine-Kendall Tackett www.UppityScienceChick.com

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

Postpartum Support International www.postpartum.net/locations/pennsylvania/

Premature Infants

Breastfeeding premature infants

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

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

Nutritional Support of the Very Low Birth Weight Infant

www.cpgcc.org/quality_improvement/qi_toolkits/nutritional_support_of_the_vlbw_infant_rev_december_2008

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

<http://archive.ahrq.gov/clinic/tp/brfouttp.htm>

Childbirth Connection (formerly Maternity Center Association)

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

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

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

Skin to skin Care (Huge current bibliography) www.skintoskincontact.com/susan-ludington.aspx

Safe Sleep

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

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

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

Global Health Media Project

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

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

Hand Expression of Human Milk

<http://newborns.stanford.edu/Breastfeeding/HandExpression.html>
<http://breastfeeding.narod.ru/expressanim.htm>
<http://www.unicef.org.uk/BabyFriendly/Resources/AudioVideo/Hand-expression>
<http://ammehjelpen.no/handmelking?id=907>
<http://www.bfmedneo.com/BreastMassageVideoSpanish.aspx>

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>

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

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

Initiation of Breastfeeding and Skin to Skin

<http://breastcrawl.org>
Narrated in: English, Italian, Marathi, Spanish
Video Script in: French, Hindi, Italian, Marathi, Spanish
Sub-titles in Bengali, English, Gujarati, Hindi, Kannada, Malayalam Marathi, Oriya, Punjabi, Tamil, Telugu, Urdu

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

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

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

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

Paced Bottle-Feeding: www.youtube.com/watch?v=UH4T700SzsGs&feature=youtu.be
www.youtube.com/watch?v=gJlx_vJv06o
Beckman side-lying <https://www.youtube.com/watch?v=5e1KBtjYYns>

Pain Management During Newborn Screening:

<https://www.youtube.com/watch?v=L43y0H6XEh4> (breastfeeding and skin to skin)

Prenatal Education <http://www.naturalbreastfeeding.com>
Nancy Mohrbacher has a YouTube channel of useful videos

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

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

Video clips from Jack Newman, MD <http://www.breastfeedinginc.ca>

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

Workplace Breastfeeding Information:

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

Breast Pumps and Insurance Information:

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

FAQs about Affordable Care Act Implementation

<http://www.dol.gov/ebsa/faqs/faq-aca29.htm>

FMLA information

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

Internet home for information about breastfeeding for working moms.

www.workandpump.com

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

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

In Philadelphia: Human Relations Commission

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

Information for employers about FMLA

<https://www.dol.gov/whd/fmla/employerguide.htm>

Women of Color

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

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

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

Native American <https://indiancountrymedianetwork.com>

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

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

Chapter 15 - 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 bank)

Ohio Health Mothers' Milk Bank

4850 E. Main St.

Columbus, OH 43213

Phone (614) 566-0630

FAX (614) 566-8074

<http://www.ohiohealth.com/mothersmilkbank/>

helen.harding@ohiohealth.com

2 Pennsylvania Milk banks:

1) CHOP Mothers' Milk Bank

Only for patients at CHOP.

Plan is to serve the community at large in the future.

2) Mid-Atlantic Mother's Milk Bank

3127 Penn Ave.

Pittsburgh, PA 15201

info@threeriversmilkbank.org

412) 281-4400

Offer 3 kinds of milk: term, preterm, and milk for babies with chylothorax Bridge milk program

Medicaid and insurance reimbursement is in the works!

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 OhioHealth Mothers' Milk Bank
- (2) Contact Three Rivers' Milk Bank
- (3) Contact <http://www.mothersmilk.coop/>

Informal Milk Sharing Sites (also have Facebook pages)

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

Human Milk for Human Babies: www.hm4hb.net

Published materials about community or informal breastmilk sharing:

1) American Academy of Nursing on Policy

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

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

3)FDA

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

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

Chapter 16 - Drugs in Lactation Information

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

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

For healthcare professionals.

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

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

Infant Risk Center

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

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

Mommymeds.com

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

A sister site to InfantRisk.org; designed to be friendlier for a layperson to use.
Has an app.

Use of Contrast Media and Lactation

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

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

The Transfer of Drugs and Therapeutics Into Human Breast Milk: An Update on Selected Topics

<http://pediatrics.aappublications.org/content/pediatrics/132/3/e796.full.pdf>

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>

Chapter 17 - AAP Updated (2013) Guide to Billing for Lactation Services

The AAP has granted permission to reproduce the on-line version of this coding document. The source document is located at

<http://www2.aap.org/breastfeeding/files/pdf/coding.pdf>

Supporting Breastfeeding and Lactation: The Primary Care Pediatrician's Guide to Getting Paid

Breastfeeding support can often be quite time-intensive initially but pays off in a healthier patient population. It is in your insurers' best interests that you provide these services, and be reimbursed appropriately. This pamphlet is a guide to help pediatric practitioners get paid appropriately for their time as they incorporate more breastfeeding support into their practices. Billing for problems with breastfeeding and lactation is just like billing for any other pediatric problem. Pediatricians and other billable licensed practitioners (nurse practitioners* and physician assistants*) may:

- Use standard CPT codes, e.g., 99212–99215
- Use standard ICD-10-CM codes, e.g., 779.3 or 783.3
- Code based on time, if greater than 50% of time is spent in counseling, education or coordination of care
- Use modifier 25 appended to a separately reported office or other outpatient service to bill for extended time spent on feeding problems at a well baby visit.
- Bill for care provided for the mother, often as a new patient, in addition to billing for the baby, if history, exam, diagnosis and treatment are done for her.

The practice can also, under specific circumstances, charge for services provided by nurses and such allied health professionals as lactation consultants, health educators, and nutritionists, using a variety of codes.

This pamphlet discusses:

1. Commonly used ICD-9-CM codes
2. Options for billing the three-to-five day visit
3. Billing for extra time spent at well baby visits
4. Use of time-based coding
5. Billing for consults
6. Billing for care provided for the mother
7. Billing for allied health professional services

**Unless restricted by their state or payors' scope of practice limitations. This pamphlet does NOT discuss the detailed, important and specific guidelines affecting decisions about billing for nurse practitioners and physician assistants, i.e., whether credentialed and billed under their own names vs. billing for their services "incident to" physician care and thus billed under the physician's name. That topic is beyond the scope of this pamphlet. However, all physicians employing such allied health care providers need to be aware of, and understand, the applicable billing rules, and apply them carefully—whether billing for feeding problems, or for any other medical services in the pediatric office.*

Commonly used ICD-10-CM codes

Baby

Feeding problems

Vomiting, newborn	P92.09	
Feeding problem, infant (> 28 days)		783.3?
Vomiting, unspecified(> 28 days)		R11.10

Jaundice

Breastmilk jaundice		774.39?
Neonatal jaundice,unspecified		P59.9
Preterm jaundice		774.2?

Weight and hydration

Dehydration, neonatal	P74.1	
Abnormal weight loss		R63.4
Underweight	R63.6	
Slow weight gain, FTT	P92.6	
Rapid weight gain	R63.5	

As well as all the diagnoses associated with size and maturity.

Infant distress

Fussy baby	R68.12
Excessive crying	R68.11
Infantile colic or intestinal distress	R10.83

GI issues

Abnormal stools	R19.5	
Diarrhea, unspecified		R19.7
Change in bowel habits	R19.4	

Mouth

Ankyloglossia	Q38.1
High arched palate	750.26Q38.5

Other

Other specified follow-up exam (When the original reason for visit has resolved)	Z09
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Mother**Breast & Nipple issues**

Abscess, Breast / Mastitis, infective	O91.13
Blocked milk duct / Mastitis, interstitial	O91.23
Breast engorgement, ductal	676.24?
Burning pains, hyperesthesia	R20.3
Ectopic or axillary breast tissue	Q83.8
Galactocele	676.84?
Other specified nipple/breast anomaly	757.6?
Other specified nipple/breast infection	675.84?
Nipple infection	O91.03
Nipple, cracks or fissures	O92.13
Nipple, sore	676.34?
Retracted nipple, postpartum	O92.03
Impetigo (staph), nipple	L01.00
Candidiasis, nipple or breast	B37.89

Constitutional

Disrupted sleep cycle	G47.23
Fatigue	R53.83

Lactation

Agalactia, failure to lactate	O92.3
Lactation, delayed	676.84?
Lactation, suppressed	O92.5
Other specified disorders of lactation	O92.29
Supervision of lactation	V24.1?
Other specified follow-up exam (When the original reason for visit has resolved)	V67.59?

Other

Other specified follow-up exam (When the original reason for visit has resolved)	Z09
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The three- to five-day visit

The AAP recommends^{1,2,3}this visit

- to assess jaundice in ALL infants, regardless of feeding method.
- to address other early feeding issues

For breastfeeding infants, the purpose of this visit is

- to assess weight, hydration and jaundice and
- to address the ability of the infant to:
 1. Maintain hydration AND
 2. Sustain growth and activity AND
 3. Increase and maintain maternal production.

This assessment usually includes:

1. History: Infant feeding, sleep and activity patterns, urine and stool output; maternal lactogenesis, comfort and confidence
2. Exam: Weight, and exam for dehydration, sleepiness and level of jaundice
3. If indicated, observation of a feeding, including weights before and after feeding
4. Testing, interventions, and counseling if indicated

The visit may be billed as either

- a first routine well visit OR
- a follow-up visit, for a problem noted earlier

Billing as a well visit

If the infant's previous record does not document a feeding problem, and no other health problem has been identified, then this first office visit should be coded and billed as an established patient well-child visit.

- CPT code 99391
- ICD-9-CM V20.32 (and any other indicated diagnosis codes, e.g., for jaundice or feeding problem)

In any well visit, the clinician is expected to spend time addressing routine feeding issues. When unusual time beyond the usual is required, there are two ways of billing for this extra time.

When extra time is required:

If a feeding problem exists which requires more than an ordinary amount of time to address, the physician may, depending on the circumstances, choose one or both of the following options, as clinically appropriate:

- Prefer to spend extra time at this visit to address the problem immediately. This may then be billed separately using the 99212-99215 codes appended with the modifier 25, following the guidelines described on the next page
- Schedule a follow-up visit, for example, within a few days, or at one to two weeks of age. That follow-up visit would then be billable using the office follow-up codes (99211-99215) related to that feeding problem diagnosis.

¹ American Academy of Pediatrics, Subcommittee on Hyperbilirubinemia. Management of hyperbilirubinemia in the newborn infant 35 or more weeks of gestation. *Pediatrics*. 2004;114:297-316

² American Academy of Pediatrics, Committee on Practice and Ambulatory Medicine. Recommendations for Preventive Pediatric Health Care. *Pediatrics*. 2000;105:645

³ American Academy of Pediatrics, Committee on Fetus and Newborn. Hospital stay for healthy term newborns. *Pediatrics*. 1995;96:788-790

Coding and billing as a follow-up visit

For this to be billed as a follow-up visit, the reason for follow-up must be clearly established on the preceding record.

- The earlier chart must document the unresolved problem that requires a follow-up visit.
- An appropriate diagnosis code, e.g., “newborn feeding problem” (779.31), or “jaundice” (774.6) must be included with the discharge diagnoses, to establish the reason for the follow-up visit.
- Alternatively, telephone chart notes document that, since discharge, a new problem exists.

Examples of problems requiring follow-up include, but are not limited to:

- Jaundice
- Infrequent and/or dark stools
- Ability to transfer milk not established
- Infrequent breastfeeding
- Weight loss exceeds 7%
- Breastfed infant being fed formula

Options for coding and billing as a follow-up visit:

1. Schedule routinely with physician or billable licensed health care provider (e.g., NP or PA):

Use office follow-up codes 99212–99215 and appropriate ICD-9-CM codes:

- If the feeding problem persists, use an ICD-9-CM such as 779.31, 774.6, 783.21, etc.
- If, however, the feeding problem has resolved, use instead ICD-9-CM code V67.59, just as you would for a follow-up resolved otitis media.

2. Nurse visit with possible triage to physician or other billable licensed health care provider

This is a weight check and quick screen for feeding, sleep, and stool patterns. It is only billable to the nurse as a 99211 if it is NOT triaged to the doctor. Triage based on adequacy of feeding:

- a. If this visit demonstrates that good feeding has been established, the physician does not need to see the patient to bill for a limited nurse’s visit with CPT code 99211 and ICD-9-CM code V67.59.
- b. If nurse’s weight check visit reveals persistent problems, you do NOT bill for the nurse visit but instead triage back to pediatrician or other billable health care practitioner (NP or PA) immediately for a problem visit, billable as a follow-up visit (99212–99215)

Billing for extra time spent on feeding problems at any well baby visit

If, at a well visit, a significant, separately identifiable, diagnosable feeding problem necessitates extra time beyond routine well visit feeding counseling, then the 99212-99215 codes appended with the modifier 25 may be reported in addition to the preventive medicine service code.

A separate note is optimally written, on a separate page or on the same page with a line separating the two notes: the well visit note and the problem based note. Furthermore, the problem-based note will require that all required key components of appropriate time-based billing are documented for the code selected.

Both visits are then billed, adding the modifier 25 to the acute visit code. Billing might then be, for example:

99391 V20.32
99213- 25 779.31 [or 783.3 if over 28 days]?

Note: Some insurers do not accept the modifier 25.

Billing for any clinician’s visit based on time

Because breastfeeding visits are dominated by counseling and education, they can be time-intensive. The CPT guidelines allow for a visit to be billed based on time, rather than by meeting the E/M requirements for elements of history, physical, and decision-making, if:

1. More than 50% of the practitioner’s face-to-face time with the patient has been spent on counseling (patient education) or coordination of care
2. You must document on the chart:
 - a. Your total face-to-face time with the patient and/or the patient’s family.
 - b. Time spent counseling (and this must be > 50% of total)

- c. A brief description of what was discussed (should be one or more: diagnosis or impressions; prognosis; risks/benefits of management options; instructions for management and follow-up; compliance issues; risk factor reduction; patient and family education); a checklist on your encounter form will make this easier for all time based visits, not just those about breastfeeding issues

You can bill for time for most routine E/M codes, e.g., 99212–99215, when counseling and education dominate a visit otherwise not meeting customary guidelines for history, physical, and medical decision-making. (but it should be noted that time-based billing cannot be used with the preventive medicine service codes, since their CPT code descriptors do not contain “typical times”)

The CPT E/M guidelines for billing based on time:

<i>New</i>		<i>Established</i>		<i>Outpatient</i>	
<i>Patient</i>	<i>Time</i>	<i>Patient</i>	<i>Time</i>	<i>Consult</i>	<i>Time</i>
99202	20	99212	10	99241	15
99203	30	99213	15	99242	30
99204	45	99214	25	99243	40
99205	60	99215	40	99244	60
				99245	80

[For example, if you spent 30 minutes face to face with an established baby and mother, of which greater than 15 minutes were spent counseling about feeding issues, you could bill with CPT code 99214, ignoring the usual history, exam, and medical decision-making requirements for a 99214. Your chart documentation must include the three elements described above: total physician face-to-face time, total time spent counseling, and a description of that counseling.]

Consultations

The physician or individually credentialed nurse practitioner or physician’s assistant* may also bill the initial feeding evaluation as a requested consultation if the following guidelines are met:

A requested consultation (99241–99245) requires the “3 Rs,” documentation on chart of:

1. **Request** (whether verbal or written) from another physician (even within the practice) “or other appropriate source” (can be a lactation consultant or even a La Leche League leader) is documented
2. **Render** the service requested
3. **Report** back to requesting source (Note: must be a written report.)
 - a. Billing for codes 99241-99245 may be either based on key components or time.

Follow-up visits will be billed as established patients (99212–99215).

*An allied health care provider cannot bill a consult under the “incident to” billing options. Only a nurse practitioner or physician’s assistant who has been credentialed individually by an insurance company may bill for either of these types of consults under that provider’s own name. Note: This is subject to individual state and payor limitations.

Billing for the infant’s mother

If the physician or other billable licensed health care provider is taking the mother’s history, examining her breasts and nipples, observing a feeding, and making a diagnosis and treatment plan for her, the clinician is treating a second patient. This may change the visit with the baby into two separate and identifiable visits with two different patients—two patients, two visits, two records, two bills, and two co-pays.

- Depending on the mother’s insurance, you may need to get a request from her primary care health care provider.
- Can be billed either as a new patient (99201–99205) or, if you have a request and will make a written report back to the requesting source, as a consult (99241–99245)

Billing for services by allied health providers who are neither nurse practitioners nor physician’s assistants

Services provided by an allied health professional who is not a billable and credentialed nurse practitioner or physician’s assistant, (e.g., a nurse, health educator, or lactation consultant) can be billed two ways.

- A. The allied health professional’s time can be used to make the physician’s time more productive.

- B. The Health Behavior Assessment and Intervention codes allow the allied health professional to see the patient alone and bill for the allied health professional's face-to-face time.

**A. Joint visit physician and allied health professional:
(99212–99215)**

This is a physician visit, which is supported and facilitated by the initial work of the allied health professional. The latter begins the visit, records the chief complaint, documents the history, establishes key physical findings, observes and documents the breastfeeding encounter, and counsels the patient about lactation issues related to the problem.

The physician can join the allied health provider, baby, and mother partway through the encounter and then:

1. Review the history
2. Examine the infant to confirm and/or add to the physical
3. Document in the chart the physician's physical findings, diagnoses and plans
4. Write any necessary prescriptions.

With the help of the allied health provider, physician time spent on history taking, counseling, and education will be minimized.

History, physical, and medical decision-making guidelines will be used to decide the level of the visit code (99212–99215). Time based coding cannot be used for this visit because the physician will have spent relatively little time face-to-face with the family. Time based coding is based specifically on the physician's time, NOT the allied health professional's time.

B. Health and Behavior Assessment and Intervention codes

After a breastfeeding (or any other health) problem has been established by the physician, an allied health provider may see the patient to focus on "the biopsychosocial factors, important physical health problems, and treatments" (the AMA's CPT 20014 manual, page 591). The following conditions apply:

1. These require a medical condition (e.g., feeding problem or low weight gain) **previously** diagnosed by the physician **at an earlier date**.
2. These health and behavior visits may not be reported on the same day as any other E/M service.
3. These visits are not for generalized preventive counseling or risk factor reduction.
4. These are billable in 15-minute time increments, based on the allied health professional's time (they are not for use by physicians or other billable licensed health care provider). If honored by the insurer, these codes are well reimbursed and are a good way to pay for your office lactation consultant who is not otherwise licensed or credentialed for billing.

Codes

- **96150** Initial health and behavior assessment (clinical interview, behavioral observations, health questionnaires, etc.):
Each 15 minutes face-to-face time
- **96151** Reassessment
- **96152** Health and behavior intervention, individual
Each 15 minutes face-to-face time
- **96153** Health and behavior intervention, group (two or more patients)
Note: you will need a group of five or six to be reimbursed for the allied health professional's time equivalently to the individual or family sessions.
Each 15 minutes face-to-face time
- **96154** Health and behavior intervention, family, with patient present
Each 15 minutes face-to-face time
- **96155** Health and behavior intervention, family, without patient present
Each 15 minutes face-to-face time

Billing for phone calls and online communications

Certain non-face-to-face services codes have been updated for 2008. The updated E/M codes for telephone and online medical discussions permit billing for both physician services and services provided by "qualified non-physician health care professional(s)".

Billing for these services is limited to the following circumstances:

- The telephone or online communication is with an established patient, or an established patient's parent or guardian. NOT for NEW patients.

- The online codes (but not the telephone codes) additionally may be used for communications with the patient's health care provider.
- The telephone or online service does *NOT* originate from a related E/M service or procedure for that patient within the previous 7 days
- The telephone E/M codes may NOT be used if the call leads to a face-to-face E/M service or procedure within the next 24 hours, or the soonest available appointment. (The online E/M codes do not carry this restriction.)

Note: Not all insurers reimburse for these codes.

Telephone Calls

Provided the criteria above are met, telephone calls may be billed using the following codes:

Medical Discussion in minutes	Physician Calls	Non-physician Provider Calls
5-10 minutes	99441	98966
11-20 minutes	99442	98967
21-30 minutes	99443	98968

Online Medical Evaluations

E/M services

- provided to an established patient, or to that patient's parent, guardian or health care provider
- using the internet or similar electronic communications network
- not originating from a related E/M service in the previous 7 days may be billed, regardless of length, using codes
- 99444 for services provided by a physician
- 98969 for services provided by a qualified non-physician health care professional.

Billing for interdisciplinary team conferences

The codes for billing for participation in interdisciplinary medical team conferences attended by other health professionals have been updated for 2008.

To bill for participation in team meetings when the patient or family is present

- Physicians continue to use regular E/M codes, e.g. 99214 or 99215, using time as the controlling factor, based on face-to-face time spent on "counseling and coordination of care."
- To bill for participation by non-physician qualified health care professionals, use 99366 for meetings of 30 minutes or more

To bill for participation in team meetings of 30 minutes or more when the patient or family is NOT present:

- 99367 participation by physician
- 99368 participation by non-physician qualified health care professional
- To bill for codes 99366, 99367, 99368 there must be a minimum of 3 qualified healthcare professionals in attendance