The Pennsylvania Resource Organization for Lactation Consultants

2017

Philadelphia Region: Breastfeeding Resource Directory
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</table>
### 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

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

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 ± 2.2

**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%

Scores based on a scale of 0 to 100.

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

<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
<th>Phone Numbers</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Aramingo</strong></td>
<td>2401 E. Tioga Avenue A-4</td>
<td>215 533-9597, 9598</td>
</tr>
<tr>
<td></td>
<td>Philadelphia, PA 19134</td>
<td></td>
</tr>
<tr>
<td>Germantown</td>
<td>301 East Chelten Avenue, Suite 102</td>
<td>215 248-1500, 1501</td>
</tr>
<tr>
<td></td>
<td>Philadelphia, PA 19144</td>
<td></td>
</tr>
<tr>
<td>Kensington-Allegheny</td>
<td>1825-31 E. Hilton Street</td>
<td>(215) 426-6801, 6803</td>
</tr>
<tr>
<td></td>
<td>Philadelphia, Pa 19134</td>
<td></td>
</tr>
<tr>
<td><strong>Lehigh Avenue</strong></td>
<td>217-33 W. Lehigh Avenue, 2nd Fl.</td>
<td>215 634-8713, 8714</td>
</tr>
<tr>
<td></td>
<td>Philadelphia, PA 19133</td>
<td></td>
</tr>
<tr>
<td><strong>Mobile WIC Office</strong></td>
<td>1300 West Lehigh Ave., Suite 104</td>
<td>1-800-743-3300</td>
</tr>
<tr>
<td></td>
<td>Philadelphia, PA 19132</td>
<td></td>
</tr>
<tr>
<td><strong>North Philadelphia WIC Office</strong></td>
<td>1300 West Lehigh Ave., Suite 104</td>
<td>1-800-743-3300</td>
</tr>
<tr>
<td></td>
<td>Philadelphia, PA 19132</td>
<td></td>
</tr>
<tr>
<td><strong>Northeast</strong></td>
<td>7959 Bustleton Avenue</td>
<td>215 745-7251, 7252</td>
</tr>
<tr>
<td></td>
<td>Philadelphia, PA 19152</td>
<td></td>
</tr>
<tr>
<td>Olney/Logan</td>
<td>5751 N. Broad Street</td>
<td>215 927-1950</td>
</tr>
<tr>
<td></td>
<td>Philadelphia, PA 19141</td>
<td></td>
</tr>
<tr>
<td>Overbrook</td>
<td>Overbrook Plaza store #1400</td>
<td>(215) 477-3360, 3364</td>
</tr>
<tr>
<td></td>
<td>5610 Lancaster Avenue #1400</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Philadelphia, PA 19131</td>
<td></td>
</tr>
<tr>
<td><strong>St. Chris WIC Office</strong></td>
<td>160 East Erie Avenue</td>
<td>215-427-6973</td>
</tr>
<tr>
<td></td>
<td>Philadelphia, PA 19144</td>
<td></td>
</tr>
<tr>
<td><strong>South Philadelphia</strong></td>
<td>1165 S. Broad Street</td>
<td>215 463-5571, 5579</td>
</tr>
<tr>
<td></td>
<td>Philadelphia, PA 19146</td>
<td></td>
</tr>
<tr>
<td><strong>Woodland</strong></td>
<td>1739 S. 54th Street</td>
<td>(215) 726-1142, 1143</td>
</tr>
</tbody>
</table>

### Philadelphia WIC Breastfeeding Cafés:

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

- **Northeast WIC:** 7959 Bustleton Ave  
  First Tuesdays: 11 am 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.lllofeasternpa.org www.llli.org
Karen Shaw acl@lllofeasternpa.org
Falls, PA 18615

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

North Penn Nursing Mothers (NP) (Serve Harleysville and Lansdale, PA)
Hatfield, PA 19440 610-584-4013 Marilyn Boone
www.northpennnursingmothers.org
www.facebook.com/North-Penn-Nursing-Mothers/208019179243956

Nursing Mothers Advisory Council (NMAC)
4 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) LLLL-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.lllofeasternpa.org
Philadelphia area Helpline 610-666-0359 lllofphilly@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.lllofeasternpa.org/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.lifecyclewomencare.org/get-involved/events/lifecycle-womencare-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/mtairy.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  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  

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
Marilyn 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@krustinapasquale.com
610-363-6206  Judy  japolley@verizon.net
Jennifer  beanmom@gmail.com

Chester Springs
Groups meet at Paoli hospital and Hankin Library
484-565-9075  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  Elizabeth@wellbornbaby.com

Phoenixville/Downingtown/Coatesville 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.lllofeasternpa.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  http://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  Marilynn 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.lllofeasternpa.org/web/MontgomeryCentralPA.html
www.facebook.com/pages/La-Leche-League-of-Central-Montgomery-County-Pennsylvania/18451870425
610-287-8190  Ginny
215-380-0861  Leah

Montgomery County East LLL
http://www.lllofeasternpa.org/web/MontgomeryEastPA.html
www.facebook.com/groups/189408902698/
215-886-1693  Mary Ann Albert, Oreland
215-822-3964  Andy
215-828-6483  Ellen
215-287-5819  Marjorie
Morning Meetings 2nd Tuesdays 10 am  Calvary Presbyterian Church, Wyncote
Evening 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.org
nmapasub@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=srg
Anyone can join this group.

http://forums.lilli.org/index.php
La Leche League Mothers’ Forum


See FACEBOOK Section in Website Chapter  For Physicians: www.drmilk.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 215-762-3908
Jane Dougherty RN, IBCLC Christine Ilk RN, IBCLC
Einstein Medical Center Philadelphia Hahnemann University Hospital
5501 Old York Road Broad and Vine Streets
Philadelphia, PA 19141 Philadelphia 19102

215-590-4442 215-662-2361 (Warmline)
4 IBCLCs on staff 9 IBCLCs on staff
Diane Spatz, PhD, RNC
Children’s Hospital of Philadelphia Hospital of the University of Pennsylvania
34th & Civic Center Blvd. 3400 Spruce St, Maternity
Philadelphia, PA 19104 Philadelphia, PA 19104

Debi Page Ferrarello, RN, MS, IBCLC, 6 IBCLCs on staff
215-829-5085 Thomas Jefferson University Hospital
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

Bucks County

215-345-2864 ext#4637 215-453-4594 <pyoung@gvh.org>
Lyn L. McNair, RNC, IBCLC Phyllis Young RN, ICCE, IBCLC
Doylestown Hospital Grand View Hospital
595 West State Street 700 Lawn Avenue
Doylestown, PA 18901 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

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

610-525-6106
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

610-562-8698
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

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

494-337-8241
Karen Meade, RN, IBCLC
Einstein Medical Center Montgomery
559 West Germantown Pike
East Norriton PA, 19403

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
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.prolc.org

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

<table>
<thead>
<tr>
<th>LOCATION</th>
<th>NAME</th>
<th>AREA COVERED (for home visits)</th>
<th>CONTACT INFO</th>
<th>OFFICE OR HOME VISITS</th>
<th>OTHER SERVICES</th>
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</table>
| Abington       | Breastfeeding Resource Center Colette M. Acker, BS, IBCLC; Janice E. McPhelin, BS, IBCLC; Jennifer McClure, IBCLC; Michelle Farfel, IBCLC | Delaware & eastern Montgomery counties, Narberth, Philadelphia | Phone: 215-886-2433 Website: www.BreastfeedingResourceCenter.org | Office Visits 1355 Old York Road Abington 19001 | • $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 | • Phone consultations  
• Herbalist  
• Craniosacral therapy |
| Bensalem       | Breastfeeding Resource Center at St. Mary’s Carole Hahn, RD, LD, IBCLC Erin Sheridan, IBCLC | Delaware & eastern Montgomery counties, Narberth, Philadelphia | Phone: 215-639-6708 Website: www.BreastfeedingResourceCenter.org | Office visits 3034-A Knights Rd, Bensalem, PA 19020 Enter off of Knights Road and ring the doorbell | • Weekly Support Group  
• Medicaid patients have no charge!  
• Sliding Scale  
• Se habla español  
• Aetna provider  
• Independence Blue Cross provider |
<p>| Berks County   | Vicky Sullivan, IBCLC | Berks and surrounding counties | Phone: 917 742 2659 <a href="mailto:vickysullivantlc@gmail.com">vickysullivantlc@gmail.com</a> <a href="https://www.facebook.com/Victoria-Sullivan-IBCLC-Lactation-Consultant-1541729032795176/">https://www.facebook.com/Victoria-Sullivan-IBCLC-Lactation-Consultant-1541729032795176/</a> | Home Visits | • Independence Blue Cross provider |
| Bryn Mawr      | Patty Siegrist, RN, IBCLC Lifecycle Woman Care and Birth Center | Delaware &amp; eastern Montgomery counties, Narberth, Philadelphia | Phone: 610 525 6106 <a href="mailto:psiegrist@lifecyclewomanicare.org">psiegrist@lifecyclewomanicare.org</a> <a href="http://www.lifecyclewomanicare.org">www.lifecyclewomanicare.org</a> | Office Visits 918 County Line Road Bryn Mawr 19010 |
| Bucks and Montgomery Counties | Margiotti &amp; Kroll Pediatrics | Offices in Newtown, Trevose, Warrington, NE Philadelphia, &amp; Horsham | Phone: 215-346-6177 Email: <a href="mailto:sgarrett@mkped.com">sgarrett@mkped.com</a> Website: <a href="http://ww.mkped.com">http://ww.mkped.com</a> | Office Visits weekdays and evenings **You do not have to be a patient of this practice for visits | • Aetna provider • Independence Blue Cross provider |
| Delaware County | Brooke Azevedo, BS, IBCLC | Delaware and Philadelphia Counties | Phone: 805 709 1133 <a href="mailto:brookeazevedo@gmail.com">brookeazevedo@gmail.com</a> <a href="https://www.brookeknowsbr.com">https://www.brookeknowsbr.com</a> | Office Visits Home Visits | • Aetna provider • Independence Blue Cross provider |
| Delaware County | Linda Derbyshire, BS, IBCLC | Center City, Main Line, Delaware County, Philadelphia | Phone: 610-316-9157 Email: <a href="mailto:lindaderbyshire@gmail.com">lindaderbyshire@gmail.com</a> Website: <a href="http://www.centercitypediatrics.com">www.centercitypediatrics.com</a> | Office Visits Home Visits | • Phone/skype consultations • Aetna provider • Independence Blue Cross provider |
| Delaware County | Lisa Mandell, MBA, IBCLC | Main Line, Havertown, Villanova, Delaware County, Philadelphia | Phone: 610-517-9552 Email: <a href="mailto:lisa@lisamandell.com">lisa@lisamandell.com</a> Website: <a href="http://www.lisamandell.com">www.lisamandell.com</a> | Office Visits and limited home visits: Nemours DuPont Pediatrics Villanova, Villanova Center, 789 Lancaster Ave, 19085 | • Phone consultations • Weekly support group • Aetna provider • Independence Blue Cross provider |
| Delaware County | Christine Sweeney, BSN, IBCLC | Delaware County, Delaware | Phone: 610-996-1543 <a href="mailto:lactationaide@yahoo.com">lactationaide@yahoo.com</a> | Home Visits Office Visits for Advocare Broomall Pediatrics only | |
| Doylestown, Upper Bucks | Best for Babies | Doylestown, Upper Bucks | Phone: Jean Kraus 215-837-6664 <a href="mailto:jeanklc@yahoo.com">jeanklc@yahoo.com</a> Cindy Jarret 215-534-3439 <a href="mailto:cjarret@hotmail.com">cjarret@hotmail.com</a> | 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: <a href="mailto:nleeguitar@aol.com">nleeguitar@aol.com</a> Website: <a href="http://www.nikkleeehealth.com">www.nikkleeehealth.com</a> Twitter: @nikkleeehealth Facebook: <a href="http://www.facebook.com/nikkleeehealth">www.facebook.com/nikkleeehealth</a> | Office Visits &amp; Home Visits | • 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: <a href="mailto:lisa@lisamandell.com">lisa@lisamandell.com</a> Website: <a href="http://www.lisamandell.com">www.lisamandell.com</a> | Office Visits and limited home visits: Nemours DuPont Pediatrics Villanova, Villanova Center, 789 Lancaster Ave, 19085 | • Phone consultations • Weekly support group • Aetna provider • Independence Blue Cross provider |
| King of Prussia | Amy Siegrist, BS, IBCLC | Montgomery, Chester &amp; Delaware Counties, Main Line | Phone: 484-919-1027 Email: <a href="mailto:amyibclc@gmail.com">amyibclc@gmail.com</a> Website: <a href="http://www.breastfeedingbond.com">www.breastfeedingbond.com</a> | Office Visits Home Visits | • Aetna provider • Independence Blue Cross provider |
| Langhorne | Breastfeeding Help Center | Philadelphia CenterCity, South Phila, Northeast, Bucks County, Eastern Montgomery County and some parts of NJ | Phone: 215-757-6006 or 267-231-9442 Email: <a href="mailto:susan.slear@gmail.com">susan.slear@gmail.com</a> Website: <a href="http://www.facebook.com/BreastfeedingHelpCenter">www.facebook.com/BreastfeedingHelpCenter</a> Website: <a href="http://www.BreastfeedingHelpCenter.com">www.BreastfeedingHelpCenter.com</a> | Currently not seeing new clients 856 Fernwood Avenue Langhorne 19047 | • Ameda pump parts &amp; milk storage bags • Aetna provider • Independence Blue Cross provider |</p>
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<tr>
<th>Location</th>
<th>Provider</th>
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<tr>
<td>Lehigh Valley</td>
<td><strong>Blossom Baby</strong>&lt;br&gt;Lehigh Valley Lactation Services&lt;br&gt;Amy E. Nansteel, MA, IBCLC</td>
<td><strong>Lehigh Valley</strong>&lt;br&gt;Philadelphia&lt;br&gt;Ottsville, Montmy, Buck, Upper Bucks, Doylestown, Lehigh Valley&lt;br&gt;<strong>Souderton, Ottsville, Morrisville, Montgomey County</strong>&lt;br&gt;<strong>The Children's Media Group</strong>&lt;br&gt;Levittown&lt;br&gt;<strong>Breastfeeding Helper</strong>&lt;br&gt;PC Gail Dittes, IBCLC&lt;br&gt;<strong>Most of Bucks County, NE Phila and parts of NJ</strong>&lt;br&gt;<strong>Delaware County, Main Line, West Chester, Northeastern Delaware, Philadelphia (parts)</strong>&lt;br&gt;<strong>Lisa Petrino, RN, BSN, IBCLC</strong>&lt;br&gt;<strong>Most of Bucks County</strong>&lt;br&gt;<strong>Cathy Snyder, RN, BSN, IBCLC</strong>&lt;br&gt;<strong>Northern Bucks County and parts of Montgomery County</strong>&lt;br&gt;<strong>Molly Zangrilli, IBCLC</strong>&lt;br&gt;<strong>Chester, Delaware, Montgomery, Bucks</strong>&lt;br&gt;<strong>Lisa Broderick-Cohen, IBCLC, RLC</strong>&lt;br&gt;<strong>Philadelphia</strong>&lt;br&gt;<strong>The Children's Hospital of Philadelphia</strong>&lt;br&gt;Rachelle Lessen, MS, RD, IBCLC&lt;br&gt;<strong>Center City Pediatrics</strong>&lt;br&gt;Group Linda Derbyshire, BS, IBCLC&lt;br&gt;<strong>West Philly Lactation April Rosenblum, IBCLC</strong>&lt;br&gt;<strong>Philadelphia, Main Line, Delaware County</strong></td>
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<tr>
<td>Philadelphia</td>
<td>Freedom to Feed</td>
<td>Phone: 267-225-2383 Email: <a href="mailto:FreedomFeed@gmail.com">FreedomFeed@gmail.com</a></td>
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<tr>
<td></td>
<td>Rachel Gazda, IBCLC</td>
<td>Website: <a href="http://www.freedomgazda.com">www.freedomgazda.com</a></td>
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<td>Philadelphia</td>
<td>Mom+Baby, LLC</td>
<td>Phone: 610-322-4932 Email: <a href="mailto:Rosalie@mombabyphilaco.com">Rosalie@mombabyphilaco.com</a></td>
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<td>Rosalie Kmiec, IBCLC</td>
<td>Website: <a href="http://www.mombabyphilaco.com">www.mombabyphilaco.com</a></td>
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<tr>
<td>Philadelphia</td>
<td>Carol Tennerielo, RN, IBCLC</td>
<td>Phone: 215-248-0197 Email: <a href="mailto:milkyway4@verizon.net">milkyway4@verizon.net</a></td>
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<td>19119</td>
<td>Website: <a href="http://www.mombabyphilaco.com">www.mombabyphilaco.com</a></td>
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<tr>
<td>Philadelphia/ Greater Philadelphia Area</td>
<td>BestFeeding Lactation &amp; Feeding Consultation</td>
<td>Phone: 717-856-2705 Email: <a href="mailto:info@bestfeedinglc.com">info@bestfeedinglc.com</a> Website: <a href="http://www.bestfeedinglc.com">www.bestfeedinglc.com</a></td>
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<td></td>
<td>Rebecca A. Walker, BSN, RN IBCLC</td>
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<tr>
<td>Phoenixville</td>
<td>Kristin Burns, BA, IBCLC</td>
<td>Phone: 267-664-8648 <a href="http://www.bothbettertogether.com">www.bothbettertogether.com</a></td>
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<td><a href="mailto:Kristin@bothbettertogether.com">Kristin@bothbettertogether.com</a></td>
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<tr>
<td>Pottstown</td>
<td>Janet Graczyk, BS, IBCLC</td>
<td>Cell: 484-808-7694 <a href="mailto:janettibclc@gmail.com">janettibclc@gmail.com</a> <a href="http://www.janetgraczyk.com">www.janetgraczyk.com</a></td>
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<tr>
<td>Pottstown</td>
<td>Mother 2 Mother Matters</td>
<td>Phone - 484-857- BABY (484-857-2229)</td>
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<td>Angela Quinn BS, IBCLC</td>
<td>Website: <a href="http://www.mother2mothermatters.com">www.mother2mothermatters.com</a> <a href="http://www.facebook.com/Mother2MotherMatters.com">www.facebook.com/Mother2MotherMatters.com</a> <a href="http://www.growingplacep">www.growingplacep</a> a.com</td>
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<td>Pottstown</td>
<td>Jillian Nemeth, BA, IBCLC</td>
<td>Cell: 215-528-8759 Email: <a href="mailto:jillian_nemeth@yahoo.com">jillian_nemeth@yahoo.com</a> Website: <a href="http://www.jnlactationconsulting.com">www.jnlactationconsulting.com</a> carn <a href="http://www.jillianemeth%D0%9B%D0%90ctationConsultingPottstownPA">www.jillianemethЛАctationConsultingPottstownPA</a> PoPottstown,PAPA</td>
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<tr>
<td>Reading</td>
<td>Cindy Griffis, RN, BSN, IBCLC, RLC</td>
<td>Phone: 610-378-2068</td>
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<td>St. Joseph Medical Center Bern Campus OutpatientDepartment</td>
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<tr>
<td>Reading</td>
<td>Miri Levi, FNP-BC, CNM, IBCLC</td>
<td>Phone: 484-985-9719 Email: <a href="mailto:miri@justlivinghealthcare.co">miri@justlivinghealthcare.co</a> m Website: <a href="http://www.justlivinghealthcare.co">www.justlivinghealthcare.co</a> m</td>
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<td>Just Living Healthcare</td>
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<td>Souderton</td>
<td>Amazing Newborn, Judy Crouthamel RNC, IBCLC</td>
<td>Phone: 610-584-6111 Email: jody.crouthamell <a href="mailto:bclc@yahoo.com">bclc@yahoo.com</a> Website: <a href="http://www.amazingne">www.amazingne</a> wborn.com</td>
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The Pennsylvania Resource Organization for Lactation Consultants [www.prolc.org](http://www.prolc.org)
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
  Wilmington, Delaware
- David King MD
- 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


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.kinderssage.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](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, Trevose, 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

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610-316-9157  
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856 795 8554

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(856) 448-4666  
karen@breastfeedingsuccessNJ.com

Katja Pigur, M.Ed., CLC  
Director of Breastfeeding Services  
Maternity Care Coalition  
Philadelphia, PA 19130  
215 989 3564
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  
1-800-JEFF NOW  
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/](http://hospitals.jefferson.edu/calendar-of-events/maternity/breastfeeding-class/)
**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](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/](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](http://www.stmaryhealthcare.org/calendar)

610-584-6111  
[http://amazingnewborn.com/services/](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](http://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  

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**Delaware County**

[http://www.crozerkeystone.org/calendar/event-search-results/?TermId=301a31eb-b459-e011-a42c-00505682182a](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 7:30-9:30  
check website calendar for location  
Fee $25 per couple

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

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% ± 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:

EXPRESSION 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 milk ......for the first 48-96 hours of therapy in the mother."

Gonorrhea: p. 416
"Mother should be separated from infant until completion of 24 hours of therapy. Pump and discard for 24 hours."

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


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 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  
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:**


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:**


"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/environmental_toxins.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.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

<table>
<thead>
<tr>
<th>Location</th>
<th>Temperature</th>
<th>Duration</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Countertop, table</td>
<td>Room temperature</td>
<td>6–8 hours</td>
<td>Containers should be covered and kept as cool as possible; covering the container with a cool towel may keep milk cooler.</td>
</tr>
<tr>
<td>Insulated cooler bag</td>
<td>5-39°F or -15-4°C</td>
<td>24 hours</td>
<td>Keep ice packs in contact with milk containers at all times, limit opening cooler bag.</td>
</tr>
<tr>
<td>Refrigerator</td>
<td>39°F or 4°C</td>
<td>5 days</td>
<td>Store milk in the back of the main body of the refrigerator.</td>
</tr>
<tr>
<td>Freezer</td>
<td>5°F or -15°C</td>
<td>2 weeks</td>
<td>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.</td>
</tr>
<tr>
<td>Freezer compartment of a refrigerator</td>
<td>0°F or -18°C</td>
<td>3–6 months</td>
<td></td>
</tr>
<tr>
<td>Freezer compartment of refrigerator with separate doors</td>
<td>-4°F or -20°C</td>
<td>6–12 months</td>
<td></td>
</tr>
</tbody>
</table>

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/](http://www.coffective.com/learn/)  

The Milk Man smartphone app is designed specifically for men about breastfeeding and early parenting.

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

**FOR MOTHERS 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

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


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

Billing Codes for Lactation  www.icd10data.com/ICD10CM/Codes/O00-O9A/O85-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.shenews.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.org
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/
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.)
Doula's 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  

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  

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

http://www.illinois.org/lleaderweb/lv/lspeoct92p67.html

Deaf:  http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4112581/
http://www.youtube.com/watch?v=P53LvHkJrYE
http://www.youtube.com/watch?v=m36FCJQLGqs
Disability: http://www.disabledparenting.com/nursing/

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


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


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:

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)

FitWIC Baby Behavior Study:
https://wicworks.fns.usda.gov/wicworks/Sharing_Center/gallery/FitWICBaby.htm - staff

Growth Charts http://www.cdc.gov/growthcharts/whoCharts.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:

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

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

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


International Organizations

UNICEF  http://www.unicef.org

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

WHO Growth Charts

World Alliance for Breastfeeding Action  http://waba.org.my/
Large-sized nursing bras

http://www.decentexposures.com

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


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

Laws and Legal Issues

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

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:

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


Custody Issues:

(1) http://www.lli.org/law/lawus.html
(2) http://theleakyboob.com/2011/02/a-journey-through-breastfeeding-and-visitation/

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


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

Massachusetts Breastfeeding Coalition  http://massbfc.org

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

Breastfeeding Outside the Box  http://breastfeedingoutsidethebox.libsyn.com/
La Leche League International  http://www.lli.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

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


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=gX44xsS995k

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/


Paced Bottle-Feeding:  www.youtube.com/watch?v=UH4T70OSzGs&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_RD9HNrOJ8

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

**Breach Pumps and Insurance Information:**  

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

**FMLA information**  

**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/mother milkbank/
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 breastfeeding sharing:
1) American Academy of Nursing on Policy
www.nursingoutlook.org/article/S0029-6554(15)00336-X/pdf


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

Chapter 16 - Drugs in Lactation Information

LactMed  (FREE on-line drug database)
Free App available for iPhones and Androids
For healthcare professionals.

The Lactation Center at the University of Rochester Medical Center
585-275-0088
For healthcare professionals.

Medications & Mothers’ Milk: A Manual of Lactational Pharmacology
By Thomas W. Hale, PhD
Fabulous reference book, updated every two years
For healthcare professionals.
Has an app for sale.

Infant Risk Center
Dr. Thomas Hale’s website for answering questions about medications for pregnant and nursing mothers
http://www.ttuhsc.edu/infantrisk
http://infantrisk.org

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

MommyMeds.com
Information for parents about medications, procedures, and surgery and breastfeeding.
http://mommymeds.com/
A sister site to InfantRisk.org; designed to be friendlier for a layperson to use.
Has an app.

Use of Contrast Media and Lactation
"Lactating women who receive iodinated contrast or gadolinium can continue breastfeeding 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

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: Z09
  *(When the original reason for visit has resolved)*

### 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
- Galactoceles: 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: V67.59?
  *(When the original reason for visit has resolved)*

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

The AAP recommends 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.

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:

<table>
<thead>
<tr>
<th>New Patient</th>
<th>Established Patient</th>
<th>Outpatient Consult</th>
</tr>
</thead>
<tbody>
<tr>
<td>Time</td>
<td>Time</td>
<td>Time</td>
</tr>
<tr>
<td>99202</td>
<td>20</td>
<td>99212</td>
</tr>
<tr>
<td>99203</td>
<td>30</td>
<td>99213</td>
</tr>
<tr>
<td>99204</td>
<td>45</td>
<td>99214</td>
</tr>
<tr>
<td>99205</td>
<td>60</td>
<td>99215</td>
</tr>
<tr>
<td></td>
<td>99241</td>
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<td></td>
<td>99243</td>
<td>99244</td>
</tr>
<tr>
<td></td>
<td>99245</td>
<td>99246</td>
</tr>
</tbody>
</table>

[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:

<table>
<thead>
<tr>
<th>Medical Discussion in minutes</th>
<th>Physician Calls</th>
<th>Non-physician Provider Calls</th>
</tr>
</thead>
<tbody>
<tr>
<td>5-10 minutes</td>
<td>99441</td>
<td>98966</td>
</tr>
<tr>
<td>11-20 minutes</td>
<td>99442</td>
<td>98967</td>
</tr>
<tr>
<td>21-30 minutes</td>
<td>99443</td>
<td>98968</td>
</tr>
</tbody>
</table>

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