

# **The Pennsylvania Resource Organization For Lactation Consultants**

**2021**

## **Philadelphia Region: Breastfeeding Resource Directory**

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## Chapter 1 – Introduction and Statistics

Send corrections to: [nikki.lee@phila.gov](mailto:nikki.lee@phila.gov)

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

**Breastfeeding Report Card 2020**  
**Centers for Disease Control & Prevention**  
<https://www.cdc.gov/breastfeeding/data/reportcard.htm>

	<u><b>U.S.</b></u>	<u><b>Pennsylvania</b></u>
Initiation %	84.1%	82.9%
Breastfeeding at 6 Months %	58.3	58.0
Breastfeeding at 12 months %	35.3	34.6
Exclusive Breastfeeding % at 3 Months	46.9	47.9
Exclusive Breastfeeding % through 6 Months	25.6	25.9
Breastfed infants supplemented with formula: before 2 days:	19.2%	14.5

### **Philadelphia Birthing Hospital Breastfeeding Initiation Rates 2018**

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

<https://www.health.pa.gov/topics/Documents/Programs/Infant%20and%20Children%20Health/Hospital%20Data%202018.pdf>

### **2018 average Initiation in Philadelphia Hospitals: 82.5 %**

PA Hospital of the University of Pennsylvania Health System: 97%  
Hospital of the University of Pennsylvania 84.7%  
Temple University Hospital: 72%  
Albert Einstein Medical Center: 77.9%  
Thomas Jefferson University Hospital: 73.1%  
Children's Hospital of Philadelphia 90.4%

### **2018 Average Duration in Philadelphia**

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

Source: [https://www.phila.gov/media/20200310093216/GrowingUpPhilly\\_March2020.pdf](https://www.phila.gov/media/20200310093216/GrowingUpPhilly_March2020.pdf)

### **mPINC scores for Pennsylvania and Philadelphia.**

Source: Breastfeeding Report Card 2020 <https://www.cdc.gov/breastfeeding/data/reportcard.htm>  
Scores based on a scale of 0 to 100. \*Survey revised in 2018

	<b>2013</b>	<b>2015</b>	<b>2018</b>
Pennsylvania mPINC score	74	76	*78
Philadelphia mPINC score	76	78	*87

## Chapter 2 -WIC Services and Offices

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

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

<https://twitter.com/PhiladelphiaWIC>

**VIRTUAL SERVICES**  
**Until further notice.**

Offices are closed to participants – all counseling will be completed by telephone and all card services will be conducted through WIC Drop Slots with an intercom system.

Participants **MUST** have properly worn mask to receive service at the office.

Breast pumps – electric and manual – are available for those who qualify.  
Contact your local WIC office, 215-978-6100 or email us at [phillywic@northwic.org](mailto:phillywic@northwic.org).

When leaving a phone or email message, please leave your name, birthdate and best telephone number to reach you.

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

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

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

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

**Breastfeeding Peer Counselors** are all Certified Lactation Counselors. Each Philadelphia WIC office has a Lactation Counselor or Lactation Consultant available for breastfeeding support.

**Multi-user, hospital-grade pumps** are available to a mother whose infant is in a Philadelphia hospital for a prolonged period. These pumps are requested by the delivery hospital. To request a pump, she must be a WIC participant and place a \$25 deposit, \$20 of which is refunded upon pump return.

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

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

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

Pennsylvania WIC, State Breastfeeding Coordinator:  
Tiffany R. Myers, MS, RD, LDN, CLC  
[tiffanmyer@pa.gov](mailto:tiffanmyer@pa.gov)  
Public Health Nutrition Consultant | State Breastfeeding Coordinator  
Bureau of Women, Infants and Children (WIC)  
Pennsylvania Department of Health  
625 Forster Street, 7th Floor West | Harrisburg, PA 17103  
Phone: 717.783.1289 | Mobile Phone: 717.941.9206 | Fax: 717.705.0462

**If a mother receives a pump of lesser quality than prescribed:** If a woman is having an issue with a pump that was prescribed, she can review her notice of decision and file an appeal and/or call the member services representative at her Medical Assistance Managed Care Organization to discuss with them. Every WIC participant over the age of 1 receives a one-time \$20.00 to use during the season (June 1-Nov 30) at participating Farmer's Markets throughout the city.

## Philadelphia area WIC Offices

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### **Aramingo**

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

### **Germantown**

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

### **Lehigh**

217-233 West Lehigh Ave.  
Philadelphia, PA 19133  
215-634-3828

### **Mobile WIC Office**

1300 West Lehigh Ave., Suite 104  
Philadelphia, PA 19132

**Temporarily Closed due to COVID**

### **North Philadelphia WIC Office**

1300 West Lehigh Ave., Suite 104  
Philadelphia, PA 19132  
(215) 229-3786, 4034

### **Northeast**

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

### **Olney/Logan**

5751 N. Broad Street  
Philadelphia, PA 19141  
(215) 927-1950, 7165

### **Overbrook**

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

### **St. Chris WIC Office**

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

### **South Philadelphia**

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

### **Woodland**

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

**National WIC breastfeeding website:** <https://wicbreastfeeding.fns.usda.gov/>

## Chapter 3 - Breastfeeding Support Organizations

**Note: In 2020, COVID rearranged everything. This chapter is mostly untouched out of hope for future revival. Check on social media, as some organizations are opening, as long as folks are masked and physically distant.**

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

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

### Local, State and National Organizations

#### **BRC Community Counselors**

Serve Bucks, Montgomery and Philadelphia counties.

Warmline: 215-572-8044

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

#### **La Leche League (LLL)**

[www.llofeasternpa.org](http://www.llofeasternpa.org) <http://www.llli.org> [acl@llofeasternpa.org](mailto:acl@llofeasternpa.org)

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

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

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

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

[www.northpennnursingmothers.org](http://www.northpennnursingmothers.org)

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

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

24/7 Warmline: (610) 251-9405

<http://www.NursingMothersAlliance.org> [nursingmothersalliance@yahoo.com](mailto:nursingmothersalliance@yahoo.com)

[https://www.facebook.com/pg/nursingmothers/about/?ref=page\\_internal](https://www.facebook.com/pg/nursingmothers/about/?ref=page_internal)

#### **Pennsylvania Department of Health**

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

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

Send updates to Pennsylvania Breastfeeding Referral Guide to:

Pennsylvania Department of Health  
Health and Welfare Building, 7th Floor, East Wing  
625 Forster Street  
Harrisburg, PA 17120-0701  
[RA-DHKEYSTONE10@pa.gov](mailto:RA-DHKEYSTONE10@pa.gov)  
(717)783-8143

### [The Pennsylvania Breastfeeding Referral Guide](#)

## **Mothers' Support Groups by County and Zip Code** **Philadelphia County**

**Check Chapter 2 for Virtual groups as most organizations are not holding in-person gatherings now.**

#### **Albert Einstein Medical Center**

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

#### **Advocare Society Hill Pediatrics**

1<sup>st</sup> and 3<sup>rd</sup> Thursdays 11:30-1 \$15

Drop-ins welcomed.  
Register: (215) 545-8188  
Beverly Viscusi CRNP, IBCLC

**Breastfeeding Awareness and Empowerment (BAE)**

Twice a month: 1/18, 2/1, 2/16, 3/1, 3/23, 4/12, 4/26,  
Blackwell Regional Library  
125 South 52<sup>nd</sup> Street, Philadelphia 19139  
Contacts: Dr. Meg Kawan [kawanmb@email.chop.edu](mailto:kawanmb@email.chop.edu)  
Jabina Coleman MSW, IBCLC [Jabina.Coleman@gmail.com](mailto:Jabina.Coleman@gmail.com)

**LLL of Philadelphia**

Assunta (Sue) Grobels  
(215) 805-9461 [suegrobels@gmail.com](mailto:suegrobels@gmail.com)  
<https://www.facebook.com/groups/lalechephilly/about/>

**LLL of Eastern PA** <http://www.llofeasternpa.org>

Philadelphia area Helpline: 610-666-0359 [llofphilly@gmail.com](mailto:llofphilly@gmail.com)

**Center City Pediatrics**

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

**Einstein Philadelphia**

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

**Hospital of the University of Pennsylvania**

Warmline: (215) 662-2361  
Every Thursday of the month 12-2pm FREE for all mothers  
Family Caregiver Center, Ravdin 1 Mezzanine

**Karabots Pediatric Care Center, Children's Hospital of Philadelphia**

(267) 425-9800  
2<sup>nd</sup> and 4<sup>th</sup> Monday evenings of the month, 6-7 pm Contact Jessica at [clymerj@email.chop.edu](mailto:clymerj@email.chop.edu)  
4865 Market Street

**Kith+ Kin**

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

**La Leche League of Philadelphia**

<https://www.facebook.com/groups/284848551549523>

**Lifecycle WomenCare and The Birth Center**

Nikki Grahams (610) 525-6106  
<http://www.lifecyclewomancare.org/get-involved/events/lifecycle-womancare-breastfeeding-support-group-west-philadelphia/>  
No need to RSVP  
West Philadelphia: every other Wednesday 10am to noon, Studio 34 4522 Baltimore Avenue, Philadelphia  
South Philadelphia: every other Wednesday 10 am to noon, Bok Building (1902 S.9<sup>th</sup> Street, Space 519)

**Mama's Wellness Joint**

(267) 519-9037 [info@mamaswellnessjoint.com](mailto:info@mamaswellnessjoint.com)  
<http://www.mamaswellnessjoint.com/schedule/> (Thursday)

**Minnow Lane**

(215) 291-1875 [minnowlanephilly@gmail.com](mailto:minnowlanephilly@gmail.com)  
2029 Frankford Avenue, Philadelphia, 19125 (Fishtown)  
Classes, groups, and store



**Nurse Family Partnership**

The Latch Café Monthly Get-together 1080 N. Delaware Avenue, Philadelphia 19125 3<sup>rd</sup> floor  
 Every other Monday of the month 11 am to 12:30 pm

**Philadelphia Midwife Collective Breastfeeding Support Group**

Tuesdays 12-1:30  
 270 W. Walnut Lane, 3<sup>rd</sup> Floor  
 Philadelphia, PA 19144  
 Stephanie Brown CLC [Ten.Tenderlings@gmail.com](mailto:Ten.Tenderlings@gmail.com)

**Thomas Jefferson University Hospital**

215-955-6665 The Breastfeeding and Pumping Mothers Group  
 833 Chestnut Street, Suite 301 (small conference room)  
 Tuesdays at 12-1pm (except on legal holidays)  
 FREE. No registration necessary.

**Philadelphia WIC Appreciation Days And Resource Fairs**

RSVP [phillywic@notrhwic.org](mailto:phillywic@notrhwic.org)

**Philadelphia's Breastfeeding Support Group**

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

**Philly Moms Do Breastfeed**

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

**Department of Public Health City Of Philadelphia**

FREE Breastfeeding Help at Philadelphia Health Centers. Credentialed lactation counselors provide free, private, one-on-one support at the health centers below.

FREE Pacify App for Philadelphia families. Download app from App Store or Google Play. Enter enrollment code PHILLY. (Bilingual support.)

**In-person support at some health centers has resumed. Wear your mask.**

<p><b>Health Center 2</b>          1700 South Broad Street, Unit 201          Remote coverage Monday-Friday          Galissa Jones, CLC</p> <p><b>Health Center 3</b>          555 S. 43rd Street          Remote coverage Monday-Friday          Galissa Jones, CLC</p> <p><b>Health Center 4</b>          4400 Haverford Avenue          Remote coverage Monday-Friday          Galissa Jones, CLC</p> <p><b>Health Center 5</b>          1900 North 20th Street          Remote coverage Monday-Friday          Galissa Jones, CLC</p> <p><b>Health Center 6</b>          321 West Girard Avenue          In person: All day Tuesday          Ana Tapia, CBC (English and Spanish)</p>	<p><b>Health Center 9</b>          131 East Cheltenham Avenue          Remote coverage all week          Galissa Jones, CLC</p> <p><b>Health Center 10</b>          2230 Cottman Avenue  <b>In-person:</b> Wednesday mornings; Thursday afternoons          Remotely: Monday, Tuesday, Thursday, Friday          Ana Tapia, CBC (English and Spanish)</p> <p><b>Strawberry Mansion Health Center</b>          2840 Dauphin Street          Remote coverage Monday-Friday          Galissa Jones, CLC</p> <p><b>Congreso</b>          216 West Somerset Street 215-825-8281          Anita may meet with clients in a socially distanced way outside of the building in the courtyard. She may drop off items on their porch, and then work with them remotely.          Ana Tapia, CBC (English and Spanish)</p>
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Call our lactation service providers directly:

- ☐ Ana Tapia, CBC: (610) 203-9840 (Breastfeeding support in English and Spanish)
- ☐ Galissa Jones, CLC: (267) 474-3752

## **Bucks County**

### **Doylestown Hospital Breastfeeding Mothers' Group**

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

### **Grand View Hospital**

700 Lawn Avenue, Sellersville, PA 18960  
(215) 453-4594 Phyllis Young [www.gvh.org](http://www.gvh.org)

### **North Penn Nursing Mothers**

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

### **Lower Bucks LLL 19067**

(215) 295-0933 Jeremi [theasanamama@gmail.com](mailto:theasanamama@gmail.com)

### **St. Mary's Medical Center**

Every Tuesday 12:30-2  
Parenting Resource Center  
Free, no registration needed

## **Chester County**

### **Chester County LLL** <https://www.lllchestercounty.org/>

**LEADERS:** Shelly (484) 604-0880 [kierkar@alumni.psu.edu](mailto:kierkar@alumni.psu.edu)  
Kristina (610)-321-0419 [kristina@pasqualefamily.com](mailto:kristina@pasqualefamily.com)  
Jill (484) 999-0848 [jillmowry@gmail.com](mailto:jillmowry@gmail.com)  
Kara [karaLLLWC@yahoo.com](mailto:karaLLLWC@yahoo.com)

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

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

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

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

[www.facebook.com/pages/La-Leche-League-Groups-of-Chester-County-PA/198727686829068](https://www.facebook.com/pages/La-Leche-League-Groups-of-Chester-County-PA/198727686829068)

### **Chester Springs**

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

### **Lifecycle WomenCare Phoenixville**

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

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

### **North Penn Nursing Mothers of Harleysville and Lansdale**

Marilynn Boone: (610) 584-4013  
<http://www.northpennnursingmothers.org/>  
<https://www.facebook.com/NorthPennNursingMothers/>

**Nursing Mothers' Alliance:**

(610) 251-9405 [nursingmothersalliance@yahoo.com](mailto:nursingmothersalliance@yahoo.com)

<http://nursingmothersalliance.org/>

Tuesdays 10 am Wegmans Café, Collegeville

**Penn Medicine Chester County Hospital**

(610) 738-2582

Groups meet at the hospital Mira Room

1<sup>st</sup> Saturday at 1 pm

3<sup>rd</sup> Monday at 11 am

<https://www.chestercountyhospital.org/community-wellness-and-education/support-groups-and-counseling/the-mommy-wellness-network/breastfeeding-mothers-support-group>

**Phoenixville Hospital**

Groups meet every 2<sup>nd</sup> Wednesday of the month 6:30 to 8:30 pm

Medical Office Building 3<sup>rd</sup> floor board room

<https://phoenixville.towerhealth.org/classes-events/search-results-detail/?eventId=739226be-f89e-e811-a2cb-001dd8b71cd7>

**West Chester/Exton Area NMA**

19341-42, 80, 82, 95

[www.nursingmothersalliance.org](http://www.nursingmothersalliance.org)

Call our Warmline: at (610) 251-9405

Email: [nursingmothersalliance@yahoo.com](mailto:nursingmothersalliance@yahoo.com)

Weekly group meetings in Collegeville and King of Prussia

## **Delaware County**

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

**~~Breastfeeding Mother's Group at Riddle Hospital~~—Not meeting in person now.**

Tuesdays 12:00 noon-1:00 pm Health Care Center #4

The Rothman Institute Building 2<sup>nd</sup> Floor Conference Room

Free Parking in West Parking Garage, level 2.

There is a scale for weighing the baby

Tana Kirkpatrick IBCLC, facilitator (484) 227-3252

**Foundation for Delaware County WIC Program**

Kimberly Walker, CLC Breastfeeding Coordinator 610-713-5850

Susan Buchmann RDN, LDN Outreach Education Coordinator 610-605-3706

Families interested in enrolling in WIC can connect in the following ways:

- Submit a PRE-APPLICATION online through the Foundation for Delaware County website at [delcofoundation.org/WIC](http://delcofoundation.org/WIC), or at [pawic.com](http://pawic.com).
- Call the WIC Appointment Line at 484-471-3320.

For Chester, Springfield and Upper Darby

**Haverford YMCA** every Friday from 10-11am (Has resumed from June 4, 2020)

open to all, 891 N. Eagle Rd, Havertown

Brooke Azevedo IBCLC

**La Leche League in Media**

[www.llusa.org/web/DelCoMainLinePA.html](http://www.llusa.org/web/DelCoMainLinePA.html)

3<sup>rd</sup> Thursday at 10 am 327 N. Middletown Road, Media, PA 19063

610-892-9787 Barbara Crozier [bcropet@hotmail.com](mailto:bcropet@hotmail.com)

610-357-5376 Stephanie Leonetti [Cedrone.stephanie@gmail.com](mailto:Cedrone.stephanie@gmail.com)

Facebook on-line meeting 1<sup>st</sup> Wed. 8 PM

Ask to join: La Leche League of Delaware County and the Main Line

**Lifecycle WomenCare**

Rosemont Plaza, 1062 E. Lancaster Ave, Room 20, Bryn Mawr, PA

Every other Thursday 9:30 – 12 pm

Patty Siegrist RN, IBCLC, facilitator (610) 525-6106

**Nemours DuPont Pediatrics**

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

**Pettaway Pursuit: The Lactation Station**

Every other Friday 1-2 pm  
11 Owen Avenue Lansdowne PA 19050  
Registration: 610-553-5479 or [info@theppf.org](mailto:info@theppf.org)

## **Montgomery County**

**Abington Jefferson Health**

Baby Talk meets 2 mornings a month in Willow Grove. Free  
Mommies and Munchkins meets 1 evening a month in Willow Grove. Free  
Register at: <https://www.abingtonhealth.org/services-specialties/womens-health/maternity/>

**B4 Village**

Latch & Learn with IBCLC Breast/Chestfeeding Group  
319 W. Ridge Pike, Limerick, PA 19468  
Thursdays 11 am  
Scale available for weighted feeds

**BRC Abington Support Group (register first: groups limited in size)**

1355 Old York Rd. Suite 301  
Abington, PA 19001  
Every Wednesday from 10 AM - 11 PM  
First hour facilitated by an IBCLC  
Free weight checks available.

**BRC at KOP Support Group (register first: groups limited in size)**

987 Old Eagle School Rd.  
Wayne, PA 19087  
Every Monday from 10 AM - 11PM  
First hour facilitated by an IBCLC  
Free weight checks available

**Bryn Mawr Hospital Breastfeeding Support Group**

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

**Center City Pediatrics Bala Cynwyd**

33 Rock Hill Rd, Ste 170  
(610) 257-9000  
Support group every other week alternating Wednesday and Thursday morning

**Lansdale-North Wales NPNM**

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

**Lankenau Medical Center**

(484) 565-8075  
[www.mainlinehealth.org/breastfeeding-mothers-groups](http://www.mainlinehealth.org/breastfeeding-mothers-groups)

**Lifecycle WomenCareand Birth Center – Rosemont and Phoenixville**

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

**LLL of Central Montgomery County**

<http://www.llofeasternpa.org/web/MontgomeryCentralPA.html>

[www.facebook.com/pages/La-Leche-League-of-Central-Montgomery-County-Pennsylvania/184515870425](https://www.facebook.com/pages/La-Leche-League-of-Central-Montgomery-County-Pennsylvania/184515870425)

(610) 287-8190 Ginny [ginnywilkinson00@gmail.com](mailto:ginnywilkinson00@gmail.com)

(215) 380-0861 Leah [leahjoypro@yahoo.com](mailto:leahjoypro@yahoo.com)

(215)-873-6248 Elizabeth Bradley [lizbradley.eb@gmail.com](mailto:lizbradley.eb@gmail.com)

**Montgomery County East LLL**

[llmontcoeast@gmail.com](mailto:llmontcoeast@gmail.com)

<https://www.facebook.com/groups/189408902698/>

(215) 886-1693 Mary Ann Albert, Oreland [bomaph1@comcast.net](mailto:bomaph1@comcast.net)

(215)-771-1193 MyLisa Shipanga [mylisamk@gmail.com](mailto:mylisamk@gmail.com)

(267) 342-0329 Andy Mehrotra [dandyhome@comcast.net](mailto:dandyhome@comcast.net)

(617) 650-4436 Theresa

10- 11:30 am meetings every 1<sup>st</sup> Wednesday of the month

Weaver's Way Co-op, 217 E. Butler Avenue, Ambler

Evening meetings every 3<sup>rd</sup> Monday 7 pm at private homes

**North Penn Nursing Mothers of Harleysville and Lansdale**

<http://www.northpennnursingmothers.org/>

Call Marilyn at (610) 584-4013 for practical advice and encouragement.

**Nursing Mothers Alliance**

190:10, 35, 85, 87 193:01, 12, 33, 41, 42

194:01, 05, 06, 28 [nursingmothersalliance@yahoo.com](mailto:nursingmothersalliance@yahoo.com)

(610) 251-9405 [www.nursingmothersalliance.org](http://www.nursingmothersalliance.org)

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

**Wayne/Paoli NM NMA**

19010, 19035, 19085, 19087, 19301, 12, 33, 19401, 05, 06, 19425 and 28, 19355, 19380

Warmline: (610) 251-9405 [www.nursingmothersalliance.org](http://www.nursingmothersalliance.org)

[nursingmothersalliance@yahoo.com](mailto:nursingmothersalliance@yahoo.com)

**Women's Resource Center**

Free, Tuesdays 11:00 am-12:00 pm, IBCLC present, scale available

633 W. Germantown Pike, Suite 202

Plymouth Meeting, PA 19462

(484) 362-6133

<https://www.einstein.edu/obstetrics-and-gynecology/obstetrics/maternity-care-montgomery-county/womens-resource-center>

**Online support****Philly Moms Do Breastfeed**

A closed Facebook group

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

**La Leche League Breastfeeding Support**

<https://www.facebook.com/groups/LLLI.Breastfeeding.Support/>

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

**See FACEBOOK Section in Website Chapter**

**For Physicians:** [www.drmlk.org](http://www.drmlk.org)

## Chapter 4 - Virtual Breastfeeding Support (Classes, Consultations and Groups)

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### Philadelphia County:

#### **BAE (Breastfeeding Awareness and Empowerment)**

BAE Café every Tuesday at 5 pm

ZOOM registration links:

<https://www.baeculture.org/bae-cafe#undefined>

In the bio on Instagram @bae\_hood

Prenatal classes:

#### **Drexel University (FREE)**

Breastfeeding Warmline:

**1(267)857-8800**

Breastfeeding Support Group (Free)

Every Monday evening 6:30 to 7:30 pm

Contact: Natasha Conner

[Natashia.conner@drexel.edu](mailto:Natashia.conner@drexel.edu)

<https://www.eventbrite.com/e/virtual-breastfeeding-support-group-drexel-university-tickets-136016485971>

Breastfeeding Classes (Free)

10-30 to 11:30 am all Tuesdays

6:30 to 7:30 pm all Thursdays

Contact: [Natashia.conner@drexel.edu](mailto:Natashia.conner@drexel.edu)

#### **Hospital of the University of Pennsylvania**

Virtual support group every Thursday 12 noon to 1 pm. 1pm.

Link: <https://upenn.bluejeans.com/5603587242>

Register for FREE virtual Breastfeeding Classes : [www.pennmedicine.org/ParentingPrep](http://www.pennmedicine.org/ParentingPrep)

-Prenatal Breastfeeding "A La Carte Class"

-Making It Work with Breastfeeding (for pumping and returning to work)

#### **KithKin-Community.com**

Weekly Support Group on Zoom Thursdays 1-2pm

<https://www.kithkin-community.com/classes>

#### **Maternity Care Coalition**

##### **North Philadelphia Community Doula & Breastfeeding Programs**

Naima Black, Full Spectrum Doula, CLC

Desk: (215) 386-3806. Ext. 3804

Work cell: 215-880-9175

[nblack@maternitycarecoalition.org](mailto:nblack@maternitycarecoalition.org)

Free home-based or virtual/telephone breastfeeding education and support)

Michelle Sutton, CLC

[MSutton@maternitycarecoalition.org](mailto:MSutton@maternitycarecoalition.org)

(215) 850-6631

Prenatal Education and postpartum breastfeeding support by CLCs and Peer Counselors via phone, virtual and home visits.

Katja Pigur, M.Ed., CLC

Senior Director of Programs and Business Development

Maternity Care Coalition

Philadelphia, PA 19130

Desk: (215) 989-3564

Work cell: 215-667-9227

[kpigur@maternitycarecoalition.org](mailto:kpigur@maternitycarecoalition.org)

Services offered:

1) Breastfeeding Friendly Employer Certificate Program

2) Breastfeeding Friendly Business Decal Program

### 3) Event Lactation Support Services

#### **Nurse-Family Partnership & Mabel Morris Home Visits**

@latchcafe Philly (follow on Instagram) <https://www.facebook.com/Philly.NFP.MM/>  
Live Instagram sessions  
Contact Katy Baker-Cohen (267) 270-5258\

#### **Philadelphia Department of Public Health**

Pacify App: FREE for Philadelphia families  
Get app in Apple Store or Google Play  
Type in code "PHILLY" at signup.  
24/7 assistance in English or Spanish  
  
Galissa Jones CLC (267) 474-3752  
Virtual Parenting and Feed Support groups  
Thursdays 4pm  
Register:  
Email: [Galissa.Jones@phila.gov](mailto:Galissa.Jones@phila.gov)  
Text: (267) 474-3752

Ana Tapia CBC (610) 203-9840 (English & Spanish)

Breastfeeding Support Referral form:  
<https://redcap.phila.gov/surveys/?s=4KX3EL8KWK>

#### **Pennsylvania Hospital**

Solutions for Women:  
Schedule appointment with IBCLC (@ 215) 829-5046  
Tele-health lactation visits: for any or no insurance

Classes (for a fee):  
<https://www.pennmedicine.org/for-patients-and-visitors/find-a-program-or-service/obstetrics/general-obstetric-services/obstetric-services-at-pah/childbirth-classes>

Prenatal breastfeeding  
Back-to-work and breastfeeding  
Infant sleep

#### **Thomas Jefferson University Hospital**

Warmline: (215) 955-6665

FREE breastfeeding classes via ZOOM  
Two in the evenings (5-7 pm)  
One hour at noon to 1

REGISTER: [www.JeffersonHealth.org/ParentEducation](http://www.JeffersonHealth.org/ParentEducation)  
QUESTIONS: Contact Megan Kelly [ParentEducation@Jefferson.edu](mailto:ParentEducation@Jefferson.edu)

## **Bucks County:**

#### **Doylestown Hospital**

FREE virtual classes including prenatal breastfeeding!  
Registration is via the hospital website.  
<https://www.doylestownhealth.org/classes-and-events?category=Childbirth-and-Parenting&month=All>

FREE weekly Breastfeeding Mothers' Group" every Thursday 10-11am via Zoom.  
email [jkrauss3@dh.org](mailto:jkrauss3@dh.org) for the Zoom link.

#### **Grandview Hospital**

FREE virtual support group  
2<sup>nd</sup> Friday each month.  
4<sup>th</sup> Thursday each month 6:30-7:30 pm  
FREE Webinar "Breastfeeding ABCs"  
Register: [GVH.org/classes](http://GVH.org/classes)

## Chester County:

### **Penn Medicine Chester County Hospital**

FREE virtual breastfeeding support group

1<sup>st</sup> Saturday of the month 9am -10 am

3<sup>rd</sup> Monday of the month 11am – 12pm

Register: CALL (610) 738-2300

[https://www.chestercountyhospital.org/community-wellness-and-education/support-groups-and-counseling/the-mommy-wellness-network/breastfeeding-mothers-support-group?fadf=cch&\\_ga=2.67036586.566440682.1610826400-379541806.1610826400](https://www.chestercountyhospital.org/community-wellness-and-education/support-groups-and-counseling/the-mommy-wellness-network/breastfeeding-mothers-support-group?fadf=cch&_ga=2.67036586.566440682.1610826400-379541806.1610826400)

Breastfeeding Class (\$) 30.

Register: <https://www.chestercountyhospital.org/community-wellness-and-education/educational-classes-and-materials/childbirth-education/understanding-breastfeeding-eclass>

### **Paoli Hospital**

Virtual support group meets the third Wednesday every month from 10-11 am

Register for FREE link at [www.mainlinehealth.org](http://www.mainlinehealth.org): type in Virtual Breastfeeding Support Group.

## Delaware County:

### **Lifecycle Womancare Lactation Services:**

Prenatal Breastfeeding Classes.

Currently virtual. Call to schedule: 610-525-6086. \$60/couple

Offered 3 times per month.

Breastfeeding Support Groups (4 groups/month)

Currently virtual. Reach out to Nikki Graham for Zoom

login information: [ngraham@lifecyclewomancare.org](mailto:ngraham@lifecyclewomancare.org).

In-person and telehealth Lactation Consultations

Available Monday through Friday at both our Bryn Mawr location, and our South Philadelphia satellite office.

Call to schedule: 610-525-6086. Most insurance accepted.

### **Main Line Health**

Free virtual breastfeeding classes

Ideally for MainLineHealth clients, available to others by special request

[www.mainlinehealth.org](http://www.mainlinehealth.org)<<http://www.mainlinehealth.org>>

### **Pettaway Pursuit Foundation**

<https://pettawaypursuitfoundation.org/>

Virtual classes and on-site certified lactation counselor (CLC)

## Montgomery County:

### **Breastfeeding Resource Center**

[www.BRC4babies.com](http://www.BRC4babies.com)

Twitter: @brc4babies

Instagram: breastfeeding\_resource\_center

Facebook: Breastfeeding Resource Center

Events calendar on website. Click on link to register.

Support Groups every Monday and Wednesday at 10AM

Low Milk Supply Support Group

Every Thursday at 10am

Women of Color Support Group

First Tuesday every month

Starting Solids offered monthly

Holistic Sleep practices offered monthly

CALL for consultant with lactation consultant: (215) 886-2433



## Chapter 5 -Hospital and Birth Center Programs

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

These Philadelphia hospitals are Baby-Friendly designated: Einstein Medical Center, Thomas Jefferson University Hospital, Pennsylvania Hospital, Hospital of the University of Pennsylvania, and Temple University Hospital. Children's Hospital of Philadelphia is designated a Keystone-10 facility, as are all BFHI hospitals

### **Philadelphia County**

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

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

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

Warmline: (215) 829-3644  
(215) 829-5085  
4 IBCLC permanent staff  
4 IBCLC per diem  
CBCs, CLCs, and IBCLCs as part of nursing staff  
*Pennsylvania Hospital*  
Outpatient Clinic:  
Mon-Fri by appointment  
All insurance and no insurance okay.  
Solutions for Women  
700 Spruce Street  
Garfield Duncan Building, Suite B-3  
Philadelphia, 19107  
<https://www.pennmedicine.org/for-patients-and-visitors/penn-medicine-locations/pennsylvania-hospital/patient-and-visitor-information/solutions-for-women-boutique>

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

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

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

(215) 829-5046  
Office visits available with an IBCLC  
and store open Monday-Friday  
8:30-5 PM  
Call to schedule appointment, open  
to anyone including those who did  
not deliver at Pennsylvania Hospital.  
<https://www.pennmedicine.org/for-patients-and-visitors/penn-medicine-locations/pennsylvania-hospital/patient-and-visitor-information/solutions-for-women-boutique>

## **Bucks County**

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

(215) 453-4594  
[pyoung@gvh.org](mailto:pyoung@gvh.org)  
Phyllis Young RN, ICCE, IBCLC  
*Grand View Hospital*  
700 Lawn Avenue  
Sellersville, PA 18960

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

## **Chester County**

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

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

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

## **Delaware County**

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

(484) 227-3252  
Tana Kirkpatrick, BSN, RN, RNC-MN, IBCLC  
*Riddle Hospital*  
1068 W. Baltimore Pike  
Media, PA 19063

## **Lehigh County**

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

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

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

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

## **Montgomery County**

(215) 481-6104 Warmline  
Lesley McDonald, RN, BSN, IBCLC  
4 IBCLCs on staff  
*Abington Memorial Hospital*  
1200 Old York Road  
Abington, PA 19001

(494) 337-8241  
Jillian Hatch, IBCLC  
*Bryn Mawr Hospital*  
130 S. Bryn Mawr Avenue  
Bryn Mawr, PA 19010

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

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

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

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

## Chapter 6 - Community Lactation Consultant/Counselor Services (Free, sliding scale or fee-for-service)

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

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

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

Find a local International Board-Certified Lactation Consultant: <https://pro-lc.org/find-an-lc/>

### **Abington Jefferson Health**

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

**Breastfeeding Resource Center** has 2 offices; Abington, PA (215) 886-2433  
King of Prussia, PA ((215) 886-2433

A sliding scale is offered. [www.breastfeedingresourcecenter.org](http://www.breastfeedingresourcecenter.org)  
[Staffed by 4 IBCLCs](#)

### **North Philadelphia Community Doula & Breastfeeding Programs**

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

Maternity Care Coalition

Naima Black, Full Spectrum Doula, CLC

Desk: (215) 386-3806. Ext. 3804

[nblack@maternitycarecoalition.org](mailto:nblack@maternitycarecoalition.org)

Michelle Sutton, CLC

[MSutton@maternitycarecoalition.org](mailto:MSutton@maternitycarecoalition.org)

3401 I Street, Philadelphia, 19134

(215) 850-6631

Prenatal Education and postpartum breastfeeding support by CLCs and Peer Counselors via phone and home visits.

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

Galissa Jones, CLC

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

Ana Tapia CBC

[tapiaa@congreso.net](mailto:tapiaa@congreso.net) Call or text: (610) 203-9840

### **Lifecycle WomanCare and The Birth Center**

Lactation consultations are available Monday-Friday at both our Bryn Mawr location and our South Philadelphia satellite office (1214 Moore St). Call to schedule an appointment.

We accept most major insurance including Keystone First, Aetna Better Health, United Healthcare, Highmark, and many more. (Copays may apply.)

Call for more information 610-525-6086.

### **B4 Village – for Birth, Babies, Boobs & Beyond**

319 W. Ridge Pike, Limerick, PA

[www.b4village.org](http://www.b4village.org)

(484) 854-3804

[karen@b4village.org](mailto:karen@b4village.org)

Karen Meade, RN, IBCLC, LCCE, CPST & Michelle Hudasko, IBCLC

IBCLC office visits available 7 days/week. In-network provider with Aetna, Independence Blue Cross, UPMC Health Plan and many other BC/BS plans. Generous sliding scale available for uninsured/underinsured clients.

## PRO-LC LACATION CONSULTANT LISTING – BY LOCATION

LOCATION	NAME	AREA COVERED (for home visits)	CONTACT INFO	OFFICE OR HOME VISITS	OTHER SERVICES
Berks County	Michelle Hudasko, IBCLC	Berks, Montgomery and Chester County	Phone: 267 614 0169 Email: info@empowered-postpartum.com Website: www.empowered-postpartum.com	Home Visits	<ul style="list-style-type: none"> <li>• Aetna provider</li> <li>• Independence Blue Cross provider</li> <li>• Postpartum doula</li> </ul>
Berks County	Vicky Sullivan, IBCLC	Berks and surrounding counties	Phone: 917 742 2659 vickysullivanlc@gmail.com https://www.facebook.com/Victoria-Sullivan-IBCLC- Lactation-Consultant-1541729032795176/	Home Visits Virtual/Telehealth	<ul style="list-style-type: none"> <li>• Independence Blue Cross Provider</li> <li>• Aetna Provider</li> </ul>
Berks County/Oley	Amy Larson, RN, IBCLC	Berks & Montgomery Counties	Phone: 610-655-5178 Email: Larsonlactation@gmail.com	Home Visits	
Berks County/Reading	Miri Levi, FNP-BC, CNM, IBCLC Just Living Healthcare	Berks, Montgomery, Lehigh, Bucks, Chester, Delaware, Lancaster, Lebanon, and Schuylkill counties	Phone: 484-985-9719 Email: miri@justlivinghealthcare.com Website: www.justlivinghealthcare.com	Office Visits in Douglassville, PA. Home visits – see areas covered.	<ul style="list-style-type: none"> <li>• Accepts most health insurance</li> <li>• Breastfeeding classes</li> <li>• Family and women's health services</li> </ul>
Bucks County	Margiotti & Kroll Pediatrics Suzi Garrett, IBCLC		Phone: 215-346-6177 Email: sgarrett@mkpeds.com Website: http://www.mkpeds.com	Office Visits Mon - Sat, 10AM – 8PM Offices located in Newtown, Trevose, Warrington, & Yardley **You do not have to be a patient of this practice for visits	<ul style="list-style-type: none"> <li>• Aetna Provider</li> <li>• Independence Blue Cross Provider</li> </ul>
Bucks County	Katie Freedman MPA, RRT-SDS-NPS IBCLC	Upper Bucks, Montgomery County	Phone: 267-249-1640 Website: www.Kfreedmanlactation.com	Home Visits	<ul style="list-style-type: none"> <li>• Aetna provider</li> <li>• Independence Blue Cross provider</li> </ul>
Bucks County	Melissa Donohue, IBCLC	Bucks County	Phone: 610-400-9566 Website: Melissadonahuelactation.com	Home Visits	
Bucks County & Hunderton County	Cathy Snyder, RN, BSN, IBCLC	Northern Bucks County, Hunterdon County and parts of Montgomery County	Phone: 215-290-4387 Email: cathysnyderibclc@yahoo.com	Home Visits	<ul style="list-style-type: none"> <li>• Private Breastfeeding and returning to work Classes</li> <li>• Phone Consults</li> <li>• Aetna Provider</li> <li>• Independence Blue Cross provider</li> </ul>
Bucks County/Doylestown	Best for Babies Jean Krauss, RN, BSN, IBCLC Cindy Jarret, RNC, IBCLC	Doylestown, Upper Bucks	Phone: Jean Kraus 215-837-6664 jeanibclc@yahoo.com Cindy Jarret 215-534-3439 cjarret@hotmail.com	Home Visits	
Bucks County/Fairless Hills	Kristen Kratz Lactation Care, LLC Kristen Kratz, RN, IBCLC	Bucks, Philadelphia, Central New Jersey	Phone: 267-980-5679 kristen@kristenkratzlactationcare.com	Home Visits	<ul style="list-style-type: none"> <li>*Aetna provider</li> <li>*Independence Blue Cross provider</li> <li>*Amerihealth provider</li> </ul>
Bucks County/Morrisville	Ellen Winkle, MSN, RNC-OB, IBCLC, C-EFM	Eastern Bucks/Western Mercer County	Phone: 215-750-1940	Home Visits	
Bucks County/Newtown	Maria Frankenfield	Office Address: CHOP Newtown, 104 Pheasant	Phone: 215-968-6844	Office Visits	

		Run, 116B, Newtown, PA 18940			
Bucks County/Quakertown	Kerry Ann Beal, IBCLC	Bucks County	Phone: 215-436-7777 Email: kerryann.meyer@gmail.com	Home & Office	
Bucks County/Warminster	Vera Khvedelidze IBCLC ai ia private practice LLC	Bucks County: Doylestown, Newtown, Northampton, Southampton, Warminster, Warwick. Montgomery County: Abington, Hatboro, Horsham, Lower Moreland. Philadelphia County: Northeast Philadelphia	Phone: 267 318 5115 Fax: 267 536 5038 Email: verakhvedelidze@gmail.com Website: www.aiiaconsult.com Facebook: @verakhvedelidzeibclc	Home Visits	<ul style="list-style-type: none"> <li>• Aetna provider</li> <li>• Independence Blue Cross provider</li> <li>• Languages: English, Russian, Georgian. MD, OB/GYN from Georgia (Country)</li> </ul>
Bucks County/Yardley	Lucky Baby Lactation Services Michelle Ariante, MA, IBCLC Laura Sarantinoudis Jones, IBCLC	In PA: Newtown office and Lower Bucks County and In NJ: Mercer, Burlington, Ocean and Monmouth counties	Michelle Phone: Michelle Ariante: 732-977-6444 Email: Michelle@LuckyBabyLactation.com Laura Phone: (732) 439-7972 Email: Laura@luckybabylactation.com	Home & Office Visits 301 Oxford Valley Rd, Suite 1405, Yardley, PA 19067	<ul style="list-style-type: none"> <li>• Aetna provider</li> <li>• Independence Blue Cross provider</li> <li>• Amerihealth NJ provider</li> <li>• Scale and pump rentals</li> <li>• Se Habla Español</li> <li>• Support Group, Classes</li> </ul>
Bucks County/Yardley	BabyCentric Concepts, LLC Christine Jaslar, BSN, RN, IBCLC Jennifer Peterman, BSN, RN, IBCLC	Bucks, Philadelphia & Camden Counties	Email: info@babycentricconcepts.com Website: www.babycentricconcepts.com Facebook: https://Facebook.com/BabyCentricConcepts.com	Home visits & Virtual/Telehealth	<ul style="list-style-type: none"> <li>• Aetna provider</li> <li>• Independence Blue Cross provider</li> <li>• Christine accepts clients 1-2 days a week</li> <li>• Prenatal education</li> </ul>
Burlington County	Brook Cook, IBCLC	Philadelphia, Burlington County, Camden County	Email: brook@all4trimesters.com	Home Visits	<ul style="list-style-type: none"> <li>• Doula</li> <li>• Childbirth Education</li> </ul>
Camden County	Via Lactea, LLC Kara Thornton, BA, IBCLC	Camden, Burlington and Gloucester Counties	Phone: 856-248 0205 email: kara@vialacteanj.com website: www.vialacteanj.com	Home Visits	<ul style="list-style-type: none"> <li>• Aetna provider</li> <li>• Independence Blue Cross provider</li> <li>• AmeriHealth provider</li> </ul>
Camden County	South Jersey Breastfeeding@The Village		Email: info@thevillagesj.com	Office Visits 915 Haddon Ave. Collingswood, NJ	<ul style="list-style-type: none"> <li>• Prenatal and Postpartum Wellness, Education and Support</li> </ul>
Camden County/Cherry Hill	Milestones Birth & Beyond, LLC , Veronica Briggs Lactation support and doula services	All South Jersey and Philadelphia	Phone: (856)236-8822 Email: Veronica@milestonesbirth.com Website: www.milestonesbirth.com	Home Visits	<ul style="list-style-type: none"> <li>• Childbirth Education</li> <li>• Newborn Care</li> <li>• Developmental play</li> <li>• All doula services</li> </ul>
Camden County/Collingswood	Jill Albright, BSN, RNC-OB, IBCLC, CCE		Phone: 215-808-6142	Home Visits	
Camden County/Collingswood	Laura Marozzi, IBCLC	South Jersey	Email: laura@nourishedlactation.com  https://www.thevillagesj.com/	Office Visits The Village South Jersey	

				915 Haddon Ave, Collingswood, NJ 08108	
Camden County/Collingswo od	South Jersey Breastfeeding @ The Village	Collingswood, NJ Camden County	Email: Thevillagesj@gmail.com	Office Visits 915 Haddon Ave Collingswood, NJ	• Prenatal and Postpartum Wellness and Education
Chester County	MotherBorn Dana L. Ehman, BA, IBCLC, RLC	Chester & parts of Delaware County	Phone: 610-299-1038 Email: dana@motherborn.com Website: www.MotherBorn.com	Home & Office Visits 525 E Gay St Suite 1 West Chester PA 19382	• Mother and baby products • Aetna provider • Independence Blue Cross provider • Tummy Time! Method Classes • Infant Massage • Bottle Refusal
Chester County/Phoenixvill e	Kristin Burns, BA, IBCLC	Chester & Montgomery Counties	Phone: 267.664.8648 Email: Kristin@bothbettertogether.com Website: www.Bothbettertogether.com	Home visits	• Aetna provider • Independence Blue Cross provider
Chester County/Pottstown	Janet Graczyk, BS,IBCLC	Chester, Berks & Montgomery Counties	Cell: 484-808-7694 Email: janetibclc@gmail.com Website: www.janetgraczyk.com	Home Visits	• Aetna provider
Chester County/Pottstown	Mother 2 Mother Matters  Angela Quinn BS, IBCLC	Northern Chester County, Western Montgomery County, Eastern Berks County, southern Lehigh County	Phone - 484-857- BABY (484- 857-2229) Website - www.Mother2MotherMatters.com www.facebook.com/Mother2Moth erMatters www.growingplacepa.com	Home Visits Office Visits at The Growing Place (Emmaus, PA)	• Aetna provider
Chester County/Pottstown	Jillian Nemeth, BA, IBCLC	Chester, Berks & Montgomery Counties	Cell: 215-528-8759 Email: jillian_nemeth@yahoo.com Website: www.jnlactationconsulting.com Jillian Nemeth Lactation Consulting Pottstown PA	Home Visits	• Aetna provider
Chester County/West Chester	Grow Strong Lactation Consulting	Chester County	Phone: 732-610-9196 Email: jstrong@growstronglactation.com	Home Visits & Virtual/Telehealth	
Chester County/West Chester	Amy Hnetinka, BSN, RN, IBCLC	Chester County, The Main Line and Northern Delaware Counties	Phone: 484-999-7729 Email: amyhbrestfeedinghelp@gmail.co m Website: www.amyhbrestfeedinghelp.com	Home Visits	• Independence Blue Cross Provider
Chester County/West Chester	Angela Leonard, BA, IBCLC, RLC	Chester & Delaware counties, New Castle County, DE	Phone: 610-299-8290 Email: angelaibclc@comcast.net	Home Visits	
Chester County/West Chester	Stephanie Leonetti	Chester & Delaware Counties	Phone: 6103575376 Email: stephanie@simplynursingllc.com	Home Visits Virtual/Telehealth	
Delaware County	Christine Sweeney, BSN, IBCLC	Delaware County, Main Line	Phone: 610-996-1543 lactationaide@yahoo.com	Home Visits	• Aetna provider • Independence Blue Cross provider
Delaware County	Brooke Knows Breast, LLC, Brooke Azevedo, BS, IBCLC	Delaware and Philadelphia Counties	Phone: 805 709 1133 Email: brookeknowsbreast@gmail.com Website: www.brookeknowsbreast.com	Home Visits & Virtual/Telehealth	• Aetna provider • Independence Blue Cross provider

Delaware County	Linda Derbyshire, BS, IBCLC	Center City, Main Line, Delaware County, Philadelphia	Phone: 610-316-9157 Email: lindaderbyshire@gmail.com Website: www.centercitypediatrics.com	Office Visits Home Visits	<ul style="list-style-type: none"> <li>• Phone/skype consultations</li> <li>• Aetna provider</li> <li>• Independence Blue Cross provider</li> </ul>
Delaware County	Jennifer Gowdy, IBCLC	Main Line, Delaware County suburbs	Phone: 610-719-7474	Home Visits	<ul style="list-style-type: none"> <li>• Video consults</li> </ul>
Delaware County	Main Line Nutrition Services Gordana Chelsvig, MA, RD, IBCLC, CBCST	Narberth, Bala Cynwyd, Ardmore, Bryn Mawr, Rosemont, Devon, Manayunk, West Philadelphia, Roxborough	Phone: 610-667-1588	Office and Home Visits 112 Bala Avenue Bala Cynwyd 19004	<ul style="list-style-type: none"> <li>• Phone consultations</li> <li>• Herbalist</li> <li>• Craniosacral therapy</li> </ul>
Delaware County/Bryn Mawr	Lifecycle WomanCare and The Birth Center Patty Siegrist, RN, IBCLC Amy Siegrist, IBCLC Cara Puff, IBCLC Elizabeth Larkin, IBCLC		Phone: 610 525 6086 Email: info@lifecyclewomancare.org Website: www.lifecyclewomancare.org	Office Visits 918 County Line Road Bryn Mawr 19010	<ul style="list-style-type: none"> <li>• Aetna provider</li> <li>• Independence Blue Cross provider</li> <li>• Other major insurances, including United Healthcare, Highmark Blue Shield, Keystone First, Aetna Better Health</li> <li>• Breastfeeding support groups in Phoenixville, Rosemont, West Phila</li> <li>• Breastfeeding classes for expectant couples</li> </ul>
Delaware County/Main Line	Lisa Mandell, MBA, IBCLC		Phone: 610-517-9552 Email: lisa@lisamandell.com Website: www.lisamandell.com	Office Visits in Villanova & Virtual/Telehealth	<ul style="list-style-type: none"> <li>• Phone consultations</li> <li>• Weekly support group</li> <li>• Aetna provider</li> <li>• Independence Blue Cross provider</li> </ul>
Delaware County/Media	Mary Therese Smith	Media, Springfield, Aston, Brookhaven, Wallingford, Swarthmore, Marple Newtown and surrounding areas	Phone: 610-368-7258 Email: Maryt.smith04@yahoo.com	Home Visits	<ul style="list-style-type: none"> <li>• Independence Blue Cross Provider</li> </ul>
Delaware County/Paoli	Molly Zangrilli, IBCLC	Chester, Delaware, Montgomery, Bucks	Phone: 215-205-2210 Email: molly@mollyzLC.com Website: www.mollyzLC.com	Home Visits	<ul style="list-style-type: none"> <li>• Independence Blue Cross provider</li> </ul>
Delaware County/Springfield	Tana Kirkpatrick	Delaware County	Phone: 610-639-3648	Home Visits	
Delaware County/Wayne	Kaitlyn Zoellick BSN, RNC-OB, IBCLC	Delaware County	Website: www.latchedpa.com Email: kz@latchedpa.com Phone: 484-588-5453	Home Visits	<ul style="list-style-type: none"> <li>• Independence Blue Cross Provider</li> <li>• Aetna provider</li> <li>• Certified AHA CPR Instructor</li> </ul>
Delaware County/Wayne	Breastfeeding Resource Center Colette Acker, IBCLC Caytlyn Weiland, IBCLC		Phone: 484-582-6682 Website: www.BRC4Babies.com	Office Visits 987 Old Eagle School Rd. Wayne, PA	<ul style="list-style-type: none"> <li>• Breast pump rentals</li> <li>• Scale rentals</li> <li>• Nursing bras, pillows, stools, &amp; breastfeeding accessories</li> <li>• Support group meetings &amp; parent classes</li> <li>• Aetna provider</li> <li>• Independence Blue Cross provider</li> </ul>
Gloucester County/Sewell	Peggy Koen, MSN, RN, IBCLC		Email: Info@SolutionsForBreastfeeding.com	Office Visits 11 Jupiter Dr. Sewell, NJ 08080	<ul style="list-style-type: none"> <li>• Prenatal Breastfeeding and Infant Massage Classes</li> <li>• Amerihealth NJ &amp; Independence Blue Cross Provider</li> </ul>



Gloucester County/Washington Township	Township Lactation Brooke Schatzman, BS, IBCLC	Southern NJ	Email: BrookeIBCLC@gmail.com	Home Visits	<ul style="list-style-type: none"> <li>• In-home lactation support</li> </ul>
Lancaster County	Babyfusion, Bethany P. Landgraff, BSN, RNC-MNN, IBCLC	Lancaster	Phone: 717-471-2019 Email: bethany@Babyfusion.org	Home Visits	<ul style="list-style-type: none"> <li>• Aetna provider</li> </ul>
Lancaster County	Jessica Wimer, BSN, RN, IBCLC	Lancaster and Chester Counties	Phone: 717-344-6496 Email: jwimer@bornandfed.com Website: www.bornandfed.com Instagram: https://www.instagram.com/bornandfed/	Home Visits Phone Consults	<ul style="list-style-type: none"> <li>• Aetna provider</li> <li>• Independence Blue Cross provider</li> </ul>
Lancaster County/Denver	Cayti Weiland, IBCLC	Northeastern Lancaster County, Southeastern Berks, Western Chester County	Phone: 717-874-1260	Home Visits	
Lehigh County	Blossom Baby Lehigh Valley Lactation Services Amy E. Nansteel, MA, IBCLC, RLC	Souderton, Ottsville, Montgomery, Bucks, Upper Bucks, Doylestown, Lehigh Valley	Phone: 610-737-9851 Email: amy@lehighvalleylactation.com Website: www.Lehighvalleylactation.com	Home Visits	<ul style="list-style-type: none"> <li>• Aetna provider</li> </ul>
Lehigh County/Bethlehem	Christy Hume	Bethlehem, PA	Phone: 484-894-1622		
Montgomery County	Karen Meade, RN, IBCLC, LCCE, CPST	25-mile radius of 19473 (Schwenksville) and 19462 (Plymouth Meeting) zip codes	Phone: 610-716-7428 Email: kmeade70@gmail.com	Home & Office Visits B4 Village 319 W. Ridge Pike Limerick, PA 19468	<ul style="list-style-type: none"> <li>• Aetna provider</li> <li>• Independence Blue Cross provider</li> <li>• Childbirth Education</li> <li>• Tummy Time Method</li> <li>• Infant Massage</li> <li>• Lamaze childbirth education</li> <li>• Prenatal and Kidding Around Yoga for parents and babies/toddlers</li> <li>• retail products</li> </ul>
Montgomery County	Liz Brooks, JD, IBCLC, FILCA	Montgomery & Philadelphia Counties	Phone: 215-836-9088 Email: liz.brooks@yahoo.com	Home Visits	
Montgomery County & Philadelphia	Dominique Pacitti, MA, RDN, LDN, IBCLC	Montgomery County and Center City Philadelphia		Home Visits	<ul style="list-style-type: none"> <li>• Nutrition Counseling</li> </ul>
Montgomery County/Abington	Breastfeeding Resource Center Colette Acker, IBCLC Louisa Brandenburger, IBCLC Jennifer McClure, IBCLC Milli Schaeffer, IBCLC		Phone: 215-886-2433 Website: www.BRC4Babies.com	Office Visits 1355 Old York Road Abington 19001	<ul style="list-style-type: none"> <li>• \$10 Weight checks</li> <li>• Breast pump rentals &amp; sales</li> <li>• Scale rentals</li> <li>• Nursing bras, pillows, stools, &amp; breastfeeding accessories</li> <li>• Support group meetings &amp; parent classes</li> <li>• Aetna provider</li> <li>• Independence Blue Cross provider</li> </ul>
Montgomery County/Abington	Abington-Jefferson Health Christine Ilik, RN, IBCLC	Abington	Phone: 215-481-6106	Office Visits & Virtual/Telehealth 1400 Old York Road Suite E Abington, PA 19001	

Montgomery County/Abington, Glenside	Andrea Bulera Judge, MPH, IBCLC	Eastern Montgomery County, Central Bucks County, North/Northeast/ Northwest Philadelphia	Phone: 215 266 1076 Email: lactation@andreajudgeibclc.com Website: www.andreajudgeibclc.com	Home Visits	<ul style="list-style-type: none"> <li>• Aetna provider</li> <li>• Independence Blue Cross provider</li> </ul>
Montgomery County/Ambler	Colleen Elwood, RN, IBCLC	Montco/Ambler, Blue Bell, Upper Dublin, Wissahickon area	Phone: 216 620 3597	Home Visits	
Montgomery County/Ambler	Autumn (Toni) Rosendo (Rose), CLC	Within 1 hour of my home	Phone: 267-784-1384 Email: Doulatonirose@gmail.com	Home Visits	<ul style="list-style-type: none"> <li>• RN</li> <li>• PPD</li> <li>• NCS</li> <li>• ALL OTHER DOULA SERVICES EXCEPT BIRTH</li> </ul>
Montgomery County/Ambler, Glenside	Aleesha Burke, BS, IBCLC	Ambler, Glenside, Dresher, Horsham, Abington and within 30 minutes of these areas.	Phone: 202 991 7284 Email: lactation@aleeshaburkeibclc.com Website: www.aleeshaburkelactation.com	Home Visits	<ul style="list-style-type: none"> <li>• Aetna provider</li> <li>• Independence Blue Cross provider</li> </ul>
Montgomery County/Collegeville	Linda Muller, RN, BSN, IBCLC	Western Montgomery County and Main Line	Phone: 610 733 5966 Email: Linda.K.Muller@gmail.com	Home Visits	<ul style="list-style-type: none"> <li>• Aetna provider</li> <li>• Independence Blue Cross provider</li> </ul>
Montgomery County/Elkins Park	Nikki Lee RN, BSN, MS, Mother of 2, IBCLC, CCE, CIMI, ANLC, CKC, RYT	Philadelphia, Eastern Montgomery County, Lower Bucks County	Email: nleeguitar@aol.com Phone (text only): 215-888-0013 Website: www.nikkileehealth.com Twitter: @nikkileehealth Facebook: www.facebook.com/nikkileehealth	Virtual/Telehealth	<ul style="list-style-type: none"> <li>• Holistic Lactation Consultant</li> <li>• Craniosacral Therapy</li> <li>• Tummy Time</li> <li>• Childbirth Education</li> <li>• Health choices advisor</li> </ul>
Montgomery County/King of Prussia	Amy Siegrist, BS, IBCLC	10-mile radius from King of Prussia	Phone: 484-919-1027 Email: amyibclc@gmail.com Website: www.breastfeedingbond.com	Home Visits	<ul style="list-style-type: none"> <li>• Aetna provider</li> <li>• Independence Blue Cross provider</li> </ul>
Montgomery County/King of Prussia	Breastfeeding Resource Center Colette Acker, IBCLC Louisa Brandenburger, IBCLC Jennifer McClure, IBCLC		Phone: 215-886-2433 www.BRC4Babies.com	Office Visits 987 Old Eagle School Road, Suite 705 Wayne, PA 19087	<ul style="list-style-type: none"> <li>• \$10 Weight checks</li> <li>• Breast pump rentals &amp; sales</li> <li>• Scale rentals</li> <li>• Nursing bras, pillows, stools, &amp; breastfeeding accessories</li> <li>• Support group meetings &amp; parent classes</li> <li>• Aetna provider</li> <li>• Independence Blue Cross provider</li> </ul>
Montgomery County/Lansdale	Rachel Hurley, IBCLC	Montgomery, Bucks and Chester Counties	Email: rachel@rhilactation.com Website: www.rhilactation.com	Home Visits	<ul style="list-style-type: none"> <li>• Independence Blue Cross provider</li> <li>• Aetna provider</li> </ul>
Montgomery County/Limerick	Erica Diehl, MS, IBCLC	Western Montgomery County, Chester County, Berks County (Limerick Area and 20-mile radius)	Phone 215-275-3603 Email: ericaibclc@hotmail.com Website: http://erica-ibclc.com	Home visits	<ul style="list-style-type: none"> <li>• Aetna provider</li> <li>• Independence Blue Cross provider</li> <li>• Tummy Time Method, suck training, tethered oral tissue savvy</li> <li>• IBCLC Masterclass trained</li> </ul>

Montgomery County/Plymouth Meeting	Einstein Lactation Services Alison S. Neuhaus, MA, IBCLC Christine Sweeney, RN, IBCLC		Phone: 484-362-6133 Email: <a href="mailto:perinatalclasses@einstein.edu">perinatalclasses@einstein.edu</a>	Office Visits: Women's Resource Center 633 W. Germantown Pike, Suite 202 Plymouth Meeting, PA 19462	<ul style="list-style-type: none"> <li>• Prenatal classes, postpartum groups, classes for families</li> <li>• Nursing bras, pumping supplies, breastfeeding accessories</li> <li>• Aetna Provider</li> <li>• Independence Blue Cross Provider</li> </ul>
Montgomery County/Rydal	Rachel Edwards RN, BSN, IBCLC	Abington/Jenkintown/Rydal/Glenside/Huntingdon Valley	Email: <a href="mailto:rachel@racheledwardsibcllc.com">rachel@racheledwardsibcllc.com</a> Phone: 215-882-2510	Home Visits	
Montgomery County/Souderton	Amazing Newborn Judy Crouthamel RNC, IBCLC	Bucks County & Montgomery County	Phone: 610-584-6111 Email: <a href="mailto:judy.crouthamelibcllc@yahoo.com">judy.crouthamelibcllc@yahoo.com</a> Website: <a href="http://www.amazingnewborn.com">www.amazingnewborn.com</a>	Office Visits & Home Visits	<ul style="list-style-type: none"> <li>• Nursing clothing &amp; bras sales</li> <li>• Aetna provider</li> <li>• Independence Blue Cross provider</li> </ul>
Philadelphia	Crescent Lactation Care, LLC Katy Baker-Cohen, BSN, RN, IBCLC	Philadelphia (primarily Chestnut Hill, Mt. Airy, Germantown)	Phone: 484 683 5771 Email: <a href="mailto:Katy@crescentlactationcare.com">Katy@crescentlactationcare.com</a> , Facebook Instagram @crescentlactationcare	Home Visits & Virtual/Telehealth	
Philadelphia	Mom+Baby, LLC Rosalie Kmiec, IBCLC	Philadelphia	Phone: 610-322-4932 Email: <a href="mailto:Rosalie@mombabyphila.com">Rosalie@mombabyphila.com</a>	Home visits	<ul style="list-style-type: none"> <li>• Aetna provider</li> <li>• Independence Blue Cross provider</li> </ul>
Philadelphia	Carol Tenneriello, RN, IBCLC	Philadelphia, Montgomery County	Phone: 215-248-0197 Email: <a href="mailto:milkyway4@verizon.net">milkyway4@verizon.net</a>	Home visits	<ul style="list-style-type: none"> <li>• Aetna provider</li> <li>• Independence Blue Cross provider</li> </ul>
Philadelphia	Lisa Knoflicek, M.D., IBCLC	Philadelphia	Phone: 215-525-8600 Email: <a href="mailto:lknoflicek@fight.org">lknoflicek@fight.org</a>	Office Visits 1207 Chestnut Street, 5th Floor, Philadelphia, PA 19107	<ul style="list-style-type: none"> <li>• Pediatric Primary Care</li> </ul>
Philadelphia	Natashia Conner PhD, IBCLC	South, Southwest, West Philadelphia	Phone: 215-315-3285	Home Visits	<ul style="list-style-type: none"> <li>• Health Education and Wellness</li> </ul>
Philadelphia	Philadelphia Lactation Kate Katz, RN, IBCLC	Philadelphia, Delaware & Montgomery Counties, Main Line and Cherry Hill	Phone: 484-369-1020 Email: <a href="mailto:PhiladelphiaLactation@gmail.com">PhiladelphiaLactation@gmail.com</a> <a href="http://www.PhilaLactation.com">www.PhilaLactation.com</a>	Home Visits	<ul style="list-style-type: none"> <li>• Aetna provider</li> <li>• Independence Blue Cross provider</li> </ul>
Philadelphia	Solutions for Women		Phone: 215 829 5046 <a href="#">Website: Solutions for Women</a>	Only office visits. Call to schedule appointment, open to anyone including those who did not deliver at Pennsylvania Hospital.	<ul style="list-style-type: none"> <li>• Aetna provider</li> <li>• Independence Blue Cross provider</li> <li>• Medicaid accepted</li> <li>*will attempt to bill other insurance</li> <li>• Medela Symphony breast pump rentals</li> <li>• Scale rentals</li> <li>• Certified nursing bra fitters on staff</li> <li>• Maternity and postpartum clothing, bras &amp; breastfeeding accessories</li> <li>• Support group meetings Monday 12:30-2</li> <li>• Childbirth, breastfeeding and infant care classes</li> </ul>
Philadelphia	Freedom to Feed Rachel Gazda, IBCLC, CD(DONA)	Philadelphia, Bucks, PA & Camden Counties, NJ	Phone: 267-225-2383 Email: <a href="mailto:Freedom2Feed@gmail.com">Freedom2Feed@gmail.com</a> Website: <a href="http://www.rachelgazda.com">www.rachelgazda.com</a>	Please contact for availability	<ul style="list-style-type: none"> <li>• Aetna provider</li> <li>• Independence Blue Cross provider</li> </ul>

Philadelphia	Gabriella Kim, RN, IBCLC	Philadelphia	Phone: 267 368 4291	Home Visits	
Philadelphia	Elena Marie Jaworski, BSN, RN, IBCLC	Philadelphia, Philadelphia suburbs, South Jersey	Phone: 267-997-8958 Email: elenamjaworski@gmail.com	Home Visits	<ul style="list-style-type: none"> <li>• Aetna provider</li> <li>• Independence Blue Cross provider</li> <li>• *AHA CPR Instructor</li> <li>• Tummy Time Educator</li> <li>• Child Passenger Safety Technician</li> </ul>
Philadelphia	Lifecycle WomanCare Cara Puff, IBCLC	South Philadelphia	Phone: 610-525-6086 Email: info@lifecyclewomancare.org  Website: www.lifecyclewomancare.org	Office Visits only 1214 Moore Street, Philadelphia, PA 19148	<ul style="list-style-type: none"> <li>• Aetna provider</li> <li>• Independence Blue Cross provider</li> <li>• Other major insurances, including United Healthcare, Highmark Blue Shield, Keystone First, Aetna Better Health</li> <li>• Breastfeeding support groups in Phoenixville, Rosemont, West Phila</li> <li>• Breastfeeding classes for expectant couples</li> </ul>
Philadelphia	Nestled, LLC Alison Ahern, BSN, RN, IBCLC	Philadelphia, Main Line, Delaware County	Phone: 484-832-2515 Email: alison@nestledclose.com Website: Nestledclose.com	Home Visits Phone/video consults	<ul style="list-style-type: none"> <li>• Aetna provider</li> <li>• Independence Blue Cross provider</li> <li>• Classes and Groups</li> </ul>
Philadelphia	Lisa Broderick-Cohen, IBCLC, RLC	Philadelphia South Jersey	Phone: 215-407-1422 Email: lisa@blissedoutmamas.com Website: www.blissedoutmamas.com	Home visits Cyber visits Office visits	<ul style="list-style-type: none"> <li>• Creator and sales of Blissful Nipple Balm</li> <li>• Aetna provider</li> </ul>
Philadelphia	Center City Pediatrics Breastfeeding Support Group, Linda Derbyshire, BS, IBCLC		Phone: 215-735-5600 and 610-316-9157 Email: lindaderbyshire@gmail.com Website: www.centercitypediatrics.com	Office Visits Home Visits You do not need to be a patient of the practice for visits or support group	<ul style="list-style-type: none"> <li>• Breastfeeding support group</li> <li>• Phone/skype consultations</li> <li>• Aetna provider</li> <li>• Independence Blue Cross provider</li> </ul>
Philadelphia	The Children's Hospital of Philadelphia Rachel Lessen, MS, RD, IBCLC		Phone: 215-590-4442	Office Visits	<ul style="list-style-type: none"> <li>• Specialist in poor weight gain &amp; allergies</li> <li>• Registered dietitian providing guidance on maternal diet</li> <li>• Medela pump &amp; scale rentals</li> </ul>
Philadelphia	Christina Alulis, MSN, CPNP, IBCLC,	Philadelphia, Bucks, Montgomery, Delaware, Chester Counties	Website: http://fullheartslactation.com Phone: 215-650-3175 Email: chrissy@livelovelactate.com	Home visits Virtual/ telehealth	Private Prenatal Baby Basics and Beyond Class by Pediatric Nurse Practitioner, Private Prenatal Breastfeeding 101 class, Private returning to work consults.
Philadelphia	Tisa Thompson-Bradley	Philadelphia	Email: tisathompsonbradley@gmail.com	Home & Office Visits	<ul style="list-style-type: none"> <li>• Postpartum Doula</li> </ul>

Philadelphia	Emily Scott, MS, OTR/L, IBCLC, RYT	Greater Philadelphia area & South Jersey	Phone: 856-577-2182 Email: emily@mamaandmeot.com Website: www.mamaandmeot.com	Home Visits & Virtual/Telehealth	<ul style="list-style-type: none"> <li>• Occupational therapy specializing in maternal health &amp; infant development</li> <li>• Torticollis management</li> <li>• Infants w/ developmental delays or oral motor challenges</li> <li>• Post NICU support</li> <li>• Infant massage</li> <li>• Postpartum pain &amp; physical recovery</li> <li>• Carpal tunnel &amp; DeQuervain's support</li> <li>• Scale rentals</li> <li>• Postpartum virtual support group</li> <li>• Mom &amp; baby yoga</li> </ul>
Philadelphia & Camden Counties/Cherry Hill, NJ	Miladis Presbery	Philadelphia, pa and surrounding areas, Camden and Cherry Hill, NJ	Email: miladis.presbery@gmail.com	Home Visits	
Philadelphia/ Greater Philadelphia Area	BestFeeding Lactation & Feeding Consultation Rebecca A. Walker, BSN, RN, IBCLC	Philadelphia, Main Line, Delaware & Montgomery Counties	Phone: 717-856-2705 Email: info@bestfeedinglc.com Website: www.bestfeedingLC.com	Home Visits- Will resume in February 2019	<ul style="list-style-type: none"> <li>• Aetna provider</li> <li>• Independence Blue Cross provider</li> </ul>
Philadelphia/Germ antown	Stephanie Brown, IBCLC	Philadelphia and Northwest	Phone: 818-939-1366 Email: ten.tenderlings@gmail.com	Home Visits Office Visits 270 W. Walnut Lane, 3rd floor, 19144	<ul style="list-style-type: none"> <li>• Aetna provider</li> <li>• Independence Blue Cross provider</li> </ul>

## Chapter 7 - Related Practitioners and Complementary Therapies

These are practitioners who have been found to be knowledgeable about and supportive of breastfeeding.  
Updates welcomed!: [Nikki.lee@phila.gov](mailto:Nikki.lee@phila.gov)

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### Pediatric Allergist:

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

### Breast Surgeon:

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

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

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

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

Melissa Ann Lazar MD (215) 955-6999 (Philadelphia, PA)

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

Julia Tchou MD (215) 615-5858 x3 (Philadelphia, PA)

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

### Will evaluate and treat frenula:

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

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

Paul Bahn, DMD Temple University Hospital [www.infantlaserdentistry.com](http://www.infantlaserdentistry.com)

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

Lisa Elden MD (610) 337-3232

Joanna Green DDS (302) 239-1757 [Pain and Sleep Therapy Center](#)  
Newark, Delaware

Meg Kawan MD, IBCLC (609) 641-0200

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

Ross Levine DMD (215) 860-9808 Yardley, PA  
<https://growingsmiles.pa.com/doctors/meet-dr-ross-levine/>

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

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

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

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

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

Kai-Zu Chi, DMD, MD

[dr.chi@centercityoms.com](mailto:dr.chi@centercityoms.com)

Center City Oral & Maxillofacial Surgery

### **Acupuncture/Aromatherapy/Herbalist/Homeopathy:**

Linda Baker MD, CCH  
Pediatrician, homeopath

[homeopathy1@yahoo.com](mailto:homeopathy1@yahoo.com)

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

Jenny Corbin LAc

215-870-2211 Barefoot Doctor Community Acupuncture 19125

Cara Frank R. OM215-772-0770

<http://www.sixfishes.com> South Philadelphia

Ching-Yao Shi Dipl.OM/Lic. Acu

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

Center City, Philadelphia

Adriane Dourte Ph.D, R.O.M.  
Acupuncturist

(484) 319-7700 Offices in Ephrata and Media

<http://acupuncturebyadriane.com/>

Ameet Ravital DiHom, PhD  
Homeopath

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

Philadelphia, PA 19130

Marlene Burk Acupuncture

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

Christine Golcher CLC, CCE, CD (215) 287-4915

Certified Aromatherapist and Herbalist

<https://christinescareandcompassion.com/>

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

Thomas Jefferson University Rehabilitation Clinic

(1 to 2 month waiting list)

(215) 955-1200

Early Intervention Goldstar Rehabilitation Sarah Dougherty MS, CCC-SLP

<http://goldstarrehab.com/overview.html>

Practitioners trained in Beckman Oral Motor Assessment

<https://www.beckmanoralmotor.com/directory/>

(type only the City into the search fields.)

Sarah Dougherty SLP [sarahdougherty17@gmail.com](mailto:sarahdougherty17@gmail.com) Philadelphia

Jaclyn Polakoff SLP [Jaclyn.polakoff@gmail.com](mailto:Jaclyn.polakoff@gmail.com) Philadelphia

Nacona Davis, SLP [nadavis2008@gmail.com](mailto:nadavis2008@gmail.com) Philadelphia

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

Lisa Fowler (Outreach Liaison)

[lfowler@theraplayinc.com](mailto:lfowler@theraplayinc.com)

Jolaine Baran SLP Paoli Hospital (484) 565-1063

Jaclyn Polakoff MS, CCC-SLP Center City Pediatrics

<https://centercitypediatrics.com/oral-motor-feeding-skills/>

Lauren Aronson Lagin, MS, CCC-SLP, CLC

[www.justspeechie.com](http://www.justspeechie.com)

Home visits in Philadelphia and surrounding suburbs

Stephanie Trost MS, CCC-SLP, CLC

Early intervention – JayCare Therapy

610-930-6600 [stephanie.biester@gmail.com](mailto:stephanie.biester@gmail.com)

### **Infant Bodyworkers:**

#### **Craniosacral Therapy practitioners:**

[www.upledger.com](http://www.upledger.com) click on "Find a Practitioner"

Christine Holefelder

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

Ula Katsoulis

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

Nikki Lee (215) 888-0013 <http://www.nikkileehealth.com>  
 Carol Manno PT (215) 348-7775 <https://firststepspt.com/>  
 Karen Meade (484) 854-3804 [www.b4village.org](http://www.b4village.org)  
 Catherine Sliman (620) 299-0951 <http://www.integrativekids.com/>  
 Also does Myofascial Release  
 Trish Romano (610) 666-2385 <http://www.energeticsynergy.com>

### **Chiropractic, Physical Therapy and Osteopathic Manipulative Medicine**

Kelsey Baker Pediatric OT [www.thresholdwellness.com](http://www.thresholdwellness.com)  
 Brian Berg DC [www.drdavidfuller.com](http://www.drdavidfuller.com)  
 Dr. Blum phillyosteopathic.com OMM and trans care  
 Fuller Chiropractic (267) 419-8748 <https://www.drdavidfuller.com> 909 Sumneytown Pike, 19477  
 Stephanie Lint PT, DPT (215) 260-2898 [info@playathomept.com](mailto:info@playathomept.com)  
 Accepts insurances "will go anywhere"  
<https://www.facebook.com/playathomept/>  
 Brandi E. Nemchenko DC Accepts insurances. (888) 666-8135  
 677 W Dekalb Pike Suite 5 King of Prussia, PA, 19406  
 Bryan Nichols PT, DPT [www.balancedbabypt.com](http://www.balancedbabypt.com) (also does myofascial release)  
 Meghana M. Patel D.O. (215) 871-6425 Primary specialty: Osteopathic Manipulative Medicine (OMM)  
 Ohm Family Chiropractic <http://www.ohmchiropractic.com> Offices in Media and at 1901 S. 9<sup>th</sup>, 19148  
 Rhino Chiro <https://www.rhinochiro.com/> (215)-844-4400 6809 Germantown Ave, 19119  
 Wolfson Wellness Family Chiropractic @WolfsonWellnessFamilyChiro 19107  
 Lindsay Wilder DC [www.mosaichealthandwellness.com](http://www.mosaichealthandwellness.com) (will do home visits for a travel fee)

### **Infant Massage Instructors:**

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

### **Dermatologists:**

Barry Friter MD (215) 947-7500 Huntingdon Valley, PA <https://www.paderm.com/>  
 Paul Gross MD (215) 829-3576 Pennsylvania Hospital  
 Jonathan Winter MD (856) 589-3331 Sewell, NJ  
<https://www.cooperhealth.org/doctors/jonathan-winter-md>  
 Michele Ziskind MD (610) 296-5801 Paoli, PA  
<https://www.mainlinehealth.org/find-a-doctor/michele-ziskind>  
 Julia Cohen MD (610) 525.5028 Bryn Mawr, PA (treats blebs)



**Pediatric Gastroenterologist:**

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

**Radiologist to Read Mammogram in Lactating Woman:**

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

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

**Breast Thermogram:**

Narberth Family Medicine <https://drandrewlipton.com/holistic-alternative-medical-services/alternative-medical-thermography/>

Natural Awakenings (Bucks/Montgomery) <https://www.nabuxmont.com/2013/08/12/220735/halteman-thermal-imaging>

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

## Chapter 8 - Medical Practices with lactation support staff/or that offer Breastfeeding Medicine

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*This list is of those currently known to the lactation consultant community. Contact [nikki.lee@phila.gov](mailto:nikki.lee@phila.gov) to add more.*

**Allstar Pediatrics**

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

**Advocare Society Hill Pediatrics**

834 Chestnut Street  
Suite 306  
Philadelphia, PA 19107

**Brandywine Pediatrics**

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

**Center City Pediatrics**

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

**Drexel Hill Pediatrics**

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

**Jefferson Family Medicine Associates**

833 Chestnut Street  
Philadelphia, PA 19107  
(215) 955-7190

**Margiotti and Kroll Pediatrics, P.C.**

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

**Ambler Pediatrics**

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

**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

**Philadelphia FIGHT Pediatrics**

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

**Society Hill Pediatrics**

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

**St. Christopher's Center for the Urban Child**

160 E. Erie Avenue  
Philadelphia PA 19134  
(215) 427-MILK (6455)

## Chapter 9 - Business Case for Breastfeeding Assistance

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

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

Colette Acker IBCLC  
(215) 886-2433  
[Colette@brc4babies.com](mailto:Colette@brc4babies.com)  
Abington, PA 19001

Lisa Broderick-Cohen BFA, IBCLC  
Moorestown, NJ, 08057  
(215) 407-1422  
[lisa@blissedoutmamas.com](mailto:lisa@blissedoutmamas.com)

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

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

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

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

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

Katja Pigur, M.Ed., CLC  
Senior Director of Programs and Business Development  
Maternity Care Coalition  
Philadelphia, PA 19130  
(215) 989-3564  
[kpigur@maternitycarecoalition.org](mailto:kpigur@maternitycarecoalition.org)

Services offered:

- 1) Breastfeeding Friendly Employer Certificate Program
- 2) Breastfeeding Friendly Business Decal Program
- 3) Event Lactation Support Services

## Chapter 10 - Breastfeeding Classes (See Chapter 2: Virtual Services)

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

### **Philadelphia County**

Department of Obstetrics and Gynecology  
*Einstein Medical Center Philadelphia*

5501 Old York Road

Philadelphia, PA 19141

Register with: Kadja Desir, Administrative Coordinator [desikadj@einstein.edu](mailto:desikadj@einstein.edu)

(215) 456-8305

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

Sue Stabene

*Hospital of the University of Pennsylvania*

3400 Spruce Street

Philadelphia, PA 19104

(215) 662-3243

1-800-789-PENN

Six week preparing for childbirth course includes breastfeeding education.

*Pennsylvania Hospital*

800 Spruce Street, Philadelphia, PA 19107

<https://www.pennmedicine.org/for-patients-and-visitors/find-a-program-or-service/obstetrics/general-obstetric-services/childbirth-classes#tab-1>

Prenatal breastfeeding class presented monthly (\$35; FREE for those on MA) ; back to work classes. (\$30). Currently available as on-line and interactive

*Temple University Hospital*

FREE Prenatal Breastfeeding class

3<sup>rd</sup> Wednesday of every month. 6pm to 8 pm.

Temple University Hospital Basement, Classroom A.

REGISTER: (215) 707-3065

Megan Kelly Parent Education Clinical Nurse Specialist

*Thomas Jefferson University Hospital*

111 South 11th Street

Philadelphia, PA 19107

2 monthly evening classes 6-8 pm

1 lunch time class monthly 12-1pm

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

### **Bucks County**

*Doylestown Hospital*

595 West State Street

Doylestown, PA 18901

(215) 345-2121

Breastfeeding, new mothers, and childbirth classes. Register by phone or at:

<https://www.doylestownhealth.org/classes-and-events>

There is a fee for the class.

*Grand View Hospital*

700 Lawn Avenue

Sellersville, PA 18960

(215) 453-4100

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

*St. Mary Medical Center*  
Langhorne-Newtown Road  
Langhorne, PA 19047  
(215) 710-6667  
Breastfeeding class \$25  
3<sup>rd</sup> Tuesdays 7pm to 9pm  
<http://www.stmaryhealthcare.org>  
<http://amazingnewborn.com/services/>  
(610) 584-6111  
Private classes: \$150. 2 support persons allowed.  
Judy Crouthamel, RNC, BSN, IBCLC  
Souderton, PA.

## **Chester County**

*Penn Medicine Chester County Hospital*  
701 East Marshall Street  
West Chester, PA 19380  
(610) 738-2300  
Prenatal breastfeeding. \$40/couple  
Offered twice monthly: weeknight and Saturday  
Pumping and Returning to work: \$25/couple  
Offered every other month weeknight  
Register at: <https://www.chestercountyhospital.org/community-wellness-and-education/educational-classes-and-materials/childbirth-education/prenatal-breastfeeding>

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

*Phoenixville Hospital-Tower Health*  
140 Nutt Road  
Phoenixville, PA 19460  
Breastfeeding classes Tuesdays 7p to 9pm and Saturday mornings from 9 to 11am  
\$35  
Calendar and registration: <https://phoenixville.towerhealth.org/services/pregnancy-birth/classes-and-support/>

## **Delaware County**

*Crozer-Chester Medical Center*  
Every other month 7:30-9:30  
FREE  
Childbirth Education Classroom. This classroom is located on the 1st Floor, East Wing, Sim Lab at the Crozer Chester Medical Center Main Campus  
<https://www.eventbrite.com/e/childbirth-and-newborn-preparation-breastfeeding-tickets-55483431437>

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

## **Montgomery County**

*Abington Jefferson Health*  
(215) 481-6800  
Breastfeeding classes: 1 (prenatal) and 2 (Back to work as a breastfeeding person)  
Registration required. Fee: \$30. (Discount code can be applied when registering for more than 1 class.)  
<https://www.abingtonhealth.org/services-specialties/womens-health/maternity/>  
Contact [Amy.Goldberg@Jefferson.edu](mailto:Amy.Goldberg@Jefferson.edu)

*B4 Village*

319 W. Ridge Pike  
Limerick, PA 19468  
(484) 854-3804

[www.b4village.org](http://www.b4village.org)  
[karen@b4village.org](mailto:karen@b4village.org)

Monthly, IBVCLC-taught small group prenatal breastfeeding class  
\$30/pregnant person + 1 support person  
Private classes available upon request

*Bryn Mawr Hospital*

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

1-866-CALL-MLH(Main Line Health)

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

*Einstein Medical Center Montgomery*

Women's Resource Center  
633 W. Germantown Pike, Suite 202  
Plymouth Meeting, PA 19462  
(484) 362-6133

Register: [perinatalclasses@einstein.edu](mailto:perinatalclasses@einstein.edu) or by phone

*Holy Redeemer Hospital*

1648 Huntingdon Pike  
Meadowbrook, PA 19046  
1-800-818-4747

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

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

*Lifecycle Woman Care*

918 County Line Road, Bryn Mawr  
Class offered 2-3 times a month

Open to all. \$60/couple

Visit website for dates: <https://lifecyclewomancare.org/get-involved/classes-workshops-support-groups/>

To register, call office, 610-525-6086.

*Pottstown Memorial Medical Center*

Debra Werner, RN, CLC  
1600 E. High Street  
Pottstown, PA 19464  
(610) 327-7213, 7200

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

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

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

Judy Crouthamel, RNC, BSN, IBCLC

Souderton, PA.

(610) 584-6111

## Chapter 11 - Pumps and Breastfeeding Equipment

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

Some insurance companies reimburse for electric breast pump rental when a breastfeeding baby is hospitalized and require a prescription from the baby's doctor stating the need for the baby to have his or her mother's breast milk. If the mother of a hospitalized baby is WIC eligible, (see **Chapter 3**, about Philadelphia WIC) about getting a multiple-user pump.

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

Some outpatient or private practices rent and 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, hospital grade pumps.)

Contact the sites below to find a local durable medical equipment (DME) company that accepts the insurance, or retail provider near to the mother. Or, see **Chapter 13**, about DME companies.

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

### **Hollister/Ameda/Egnell**

[www.ameda.com](http://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](http://www.medela.com)

(800) 435-8316  
1101 Corporate Drive  
McHenry, IL 60050  
Facebook, Pinterest, Twitter, Youtube

### **Hygeia II Medical Group, Inc.**

[www.hygeiahealth.com](http://www.hygeiahealth.com)

2713 Loker Avenue West  
Carlsbad, CA 92010 USA  
Phone: (888) 786-7466  
Fax: (760) 918-0398  
[Sales@HygeiaBaby.com](mailto:Sales@HygeiaBaby.com)  
Facebook, Google Hangout, Pinterest,  
Twitter, Youtube

### **Limerick, Inc.**

[www.limerickinc.com](http://www.limerickinc.com)

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

### **Spectra Baby USA**

[www.spectrababyusa.com](http://www.spectrababyusa.com)

6851 SW 21<sup>st</sup> Court  
Suite 1  
Davie, FL 33317  
Phone: (855) 44-MOMBABY  
[customerservice@spectrababyusa.com](mailto:customerservice@spectrababyusa.com)  
Facebook and Twitter

### **Philips USA**

[www.usa.philips.com](http://www.usa.philips.com)

Avent pumps  
(800) 542-8368  
Tweet your questions to @PhilipsCare  
Also Facebook and Youtube

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

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

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

<https://www.facebook.com/groups/276376349416641/>

## Chapter 12 - Scale Rental

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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
(215) 886-2433	Breastfeeding Resource Center, Wayne, PA
(800) 879-2467	Children's Hospital of Philadelphia
(610) 649-7769	Joanne Siciliano, Ardmore, PA
(609) 897-8991	PHCS Community Education and Outreach, Hamilton, NJ
(888) 848-7867	PPD Homecare, Inc., Mantua, NJ
(215) 829-5046	Solutions for Women, Philadelphia, PA
(302) 658-2229	The Birth Center, Wilmington, DE

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

A rule of thumb is that babies should be taking in ounces equal to 2.5 times their weight in pounds each 24 hours, for the first month of life.

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

### **A video that shows how to do test weighing:**

[www.youtube.com/watch?v=D\\_REvUIFubc&feature=youtu.be](http://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 13 - Durable Medical Equipment Companies Providing Breast Pumps

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### **Accelleron Health and Wellness – Breast Pumps and Education**

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

(877) 206-9687

Kristen Quinn CLC (267) 972-8008

[Kquinn@acelleron.com](mailto:Kquinn@acelleron.com)

### **Baird Respiratory and Medical Equipment**

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

(214) 884-2990

### **Bright Medical Technology Inc.**

<http://brightmedi.com/>

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

[Gnickens.brightmedical@gmail.com](mailto:Gnickens.brightmedical@gmail.com)

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

### **McKesson**

on-line ordering and shipping

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

### **Milk N Mamas Baby**

Dublin, PA

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

### **Montgomery Medical Equipment**

Storkpump.com

Lauren Regina RD, CLC

*Breast Pump Program Director*

**p:** 1-844-993-3740 (main)

**c:** 1-610-290-6586 (cell)

**f:** 1-267-443-6019 (fax)

### **Premier Home Medical Equipment Services, Inc**

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

Same and next day delivery in PA and DE

Mary Guntz (267) 970-7045

(610) 558-6222 FAX (800) 558-6226

### **Wesley Pharmacy & Medical Equipment**

Glenside, PA

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

## Chapter 14 - Common Questions about Clinical Situations

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

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### **COVID-19 (SARS-CoV-2) and Breastfeeding**

Breastfeeding is encouraged and supported.

If the breast/chest feeding parent is COVID-19+

Wear a mask during breast/chest feeding or pumping, and when less than 6 feet away from baby.

Wash hands before breast/chest feeding or pumping.

No evidence that the virus is transmitted via breastmilk.

There are many different situations. Go to this website to find more information.

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/care-for-breastfeeding-women.html>

COVID-19 vaccination and breastfeeding:

"There are no data on the safety of COVID-19 vaccines in lactating women or on the effects of mRNA vaccines on the breastfed infant or on milk production/excretion. mRNA vaccines are not thought to be a risk to the breastfeeding infant. People who are breastfeeding and are part of a [group recommended](#) to receive a COVID-19 vaccine, such as healthcare personnel, may choose to be vaccinated."

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/recommendations/pregnancy.html>

### **Birth Control and Breastfeeding:**

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

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

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

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

<http://www.bfmed.org/Media/Files/Protocols/Contraception During Breastfeeding.pdf>

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

[www.arhp.org/Publications-and-Resources/Patient-Resources/Fact-Sheets/Breastfeeding](http://www.arhp.org/Publications-and-Resources/Patient-Resources/Fact-Sheets/Breastfeeding)

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

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

Anyone can file a report: layperson or professional

### **Breastfeeding modifications and restrictions (both permanent and temporary)**

<https://www.cdc.gov/breastfeeding/breastfeeding-special-circumstances/contraindications-to-breastfeeding.html>

(accessed 2/10/21)

***NO breastfeeding or feeding expressed milk to infant:***

Infant is diagnosed with classic galactosemia, a rare genetic metabolic disorder.

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

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

Mother is using an illicit street drug, such as PCP (phencyclidine) or cocaine<sup>1</sup> (Exception: Narcotic-dependent mothers who are enrolled in a supervised methadone program and have a negative screening for HIV infection and other illicit drugs can breastfeed)

Mother has suspected or confirmed Ebola virus disease.

***TEMPORARY Cessation of breastfeeding; NO expressed milk to infant:***

Mother is infected with untreated brucellosis

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

The mother is undergoing diagnostic imaging with radiopharmaceuticals (check with LACTMED)

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

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

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

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

<https://www.cdc.gov/breastfeeding/breastfeeding-special-circumstances/maternal-or-infant-illnesses/hepatitis.html> (accessed 2/10/21)

***TEMPORARY Cessation of breastfeeding; YES expressed milk to infant:***

Mother has untreated, active tuberculosis

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

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

***Active untreated tuberculosis***

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

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

## **Breastfeeding Interrupted or Postponed:**

### **EXPRESSED MILK CAN BE GIVEN:**

#### Active herpetic lesions on breast:

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

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

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

Bruceellosis: 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." "Breastfeeding on the affected side in cases of mastitis generally is recommended." P. 116 (AAP Red Book, 31<sup>st</sup> edition, 2018).

<https://www.cdc.gov/breastfeeding/breastfeeding-special-circumstances/maternal-or-infant-illnesses/mrsa.html>

"Mothers with a MRSA infection can usually continue to breastfeed while receiving appropriate treatment compatible with breastfeeding."

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

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

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

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

## **Partial Breastfeeding may be possible:**

### **Duarte's galactosemia**

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

### **Phenylketonuria**

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

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

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

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

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

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

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

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

### ***Contaminants in Human Milk:***

[www.ncbi.nlm.nih.gov/pmc/articles/PMC2569122/](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2569122/)

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

"Breastfeeding is still recommended despite the presence of chemical toxins. The toxicity of chemicals may be most dangerous during the prenatal period and the initiation of breastfeeding. However, for the vast majority of women the benefits of breastfeeding appear to far outweigh the risks. To date, effects on the nursing infant have been seen only where the mother herself was clinically ill from an toxic exposure." (accessed 12/2/19)

About lead exposure:

[www.cdc.gov/niosh/topics/ABLES/pdfs/CSTE\\_2007\\_Fagan.pdf](http://www.cdc.gov/niosh/topics/ABLES/pdfs/CSTE_2007_Fagan.pdf)

<https://drive.google.com/file/d/0B6pzivBZDmsXdzg1UHRxaE9hWUE/view?pref=2&pli>

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

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

### ***Handling Human Milk:***

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

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

**CDC**

[https://www.cdc.gov/breastfeeding/recommendations/handling\\_breastmilk.htm](https://www.cdc.gov/breastfeeding/recommendations/handling_breastmilk.htm)

## **Immunizations and Breastfeeding 2021:**

"DO NOT Administer smallpox and yellow fever vaccines to nursing mothers. All others are recommended. <https://www.cdc.gov/breastfeeding/breastfeeding-special-circumstances/vaccinations-medications-drugs/vaccinations.html> (accessed 2/10/21)"

## **Jaundice and Breastfeeding:**

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

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

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

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

"First and best supplement is expressed own mother's milk. It can be hand expressed into a small cup or spoon and directly fed to the infant." "If own mother's milk is not available, supplementing with donor human milk will increase enteral intake."

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

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

## **Surgery and Breastfeeding:**

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

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

### **Brief procedures**

"Mothers who have undergone dental extractions or other short procedures requiring the use of single doses of medication for sedation and analgesia can breastfeed as soon as they are awake and stable. Although shorter-acting agents such as fentanyl and midazolam may be preferred, single doses of meperidine/pethidine or diazepam are unlikely to affect the breastfeeding infant.<sup>15</sup> (III) Local anesthetics given by injection or topical application are considered safe for breastfeeding mothers.<sup>2,3</sup> (IV)"

### **Perioperative considerations**

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

"We advise that breastfeeding is acceptable to continue after anaesthesia and should be supported as soon as the woman is alert and able to feed, without the need to discard breast milk."

Guideline on anaesthesia and sedation in breastfeeding women 2020

**Guideline from the Association of Anaesthetists Anaesthesia 2020** Mitchell et al.  
doi:10.1111/anae.15179

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

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

- 1) [https://www.cdc.gov/breastfeeding/disease/west\\_nile\\_virus.htm](https://www.cdc.gov/breastfeeding/disease/west_nile_virus.htm)
- 2) RA Lawrence, RM Lawrence: Breastfeeding: A Guide for the Medical Profession (8th Edition). Philadelphia: Elsevier Mosby, 2016
- 3) [www.infantrisk.com](http://www.infantrisk.com)  
<https://www.cdc.gov/pregnancy/zika/testing-follow-up/zika-in-infants-children.html>
- 4) <https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/pregnancy-faq.html>

### ***Traveling with Human Milk:***

<https://www.cdc.gov/nutrition/infantandtoddlernutrition/breastfeeding/travel-recommendations.html>

<https://wwwnc.cdc.gov/travel/yellowbook/2020/family-travel/travel-and-breastfeeding>

<https://www.tsa.gov/travel/special-procedures/traveling-children>  
(accessed 2/10/21)

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

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

"Formula, breast milk, juice in quantities greater than 3.4 ounces or 100 milliliters are allowed in carry-on baggage and do not need to fit within a quart-sized bag. Remove these items from your carry-on bag to be screened separately from the rest of your belongings. You do not need to travel with your child to bring breast milk."

### ***Traveling with a Breast Pump:***

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

Carry On Bags: Yes

Checked Bags: Yes

Nursing Stations at Philadelphia International Airport

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

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

TABLE 1. MILK STORAGE GUIDELINES

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

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

<https://abm.memberclicks.net/assets/DOCUMENTS/PROTOCOLS/8-human-milk-storage-protocol-english.pdf>



## Chapter 15 - APPS for Birth, Breastfeeding and Pumping

Available via App Store or Google Play

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

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

**Breastfeeding Central** (\$3.99) created by an IBCLC

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

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

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

**Global Health Media Birth and Beyond** (free)

28 videos in 21 languages. Topics covered include birth, breastfeeding, newborn care, small baby care. <https://globalhealthmedia.org/announcing-our-new-app-birth-beyond/>

**Irth:** <https://irthapp.com/> prenatal, birthing, postpartum and pediatric reviews from Black and Brown women

**LactApp** (free) English and Spanish; world-wide coverage. Article about it published ahead of print 2/2021 BF Med.

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

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

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

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

**Milk Maid** (\$2.99) rated the best by a site for those exclusively pumping:

<https://exclusivepumping.com/breast-pumping-apps-which-is-the-best/>

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

**NICU Baby APP**

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

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

**Pacify** A nationwide network of IBCLCs who are available for on-demand video consultants. Breastfeeding support is available 24/7 in English and Spanish. Pacify is HIPPA-secure. [www.pacify.com](http://www.pacify.com)  
[FREE to Philadelphia families.](#)

**Pumpspotting** <https://www.pumpspotting.com/>

“it's Facebook meets yelp. meets boob.”

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

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

**The Milk Man app** (free) Just for dads. <http://pifistudy.net.au/milkman>

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

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

## Chapter 16 - Selected Websites for Breastfeeding & Related Resources

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

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

### **Adoptive Breastfeeding**

[Asklenore.info](#) (breastfeeding and adoption, surrogacy, infertility, recurrent miscarriage, or traditional pregnancy)

**Newman Breastfeeding Clinic** [Ibconline.ca](#)

[Alyssa Schnell IBCLC](#)

### **Advocacy and Political Action**

**Baby Milk Action** [www.babymilkaction.org](#)

**Ban the Formula Discharge Bags** [www.banthebags.org](#)

**CDC Guide to Breastfeeding Interventions (2005)**  
[http://www.cdc.gov/breastfeeding/pdf/breastfeeding\\_interventions.pdf](http://www.cdc.gov/breastfeeding/pdf/breastfeeding_interventions.pdf)

**CDC Guide to Strategies to Support Breastfeeding Mothers and Babies (2013)**  
<https://www.cdc.gov/breastfeeding/pdf/BF-Guide-508.PDF>

**Surgeon-General Regina Benjamin's Call to Action (2011)**  
[www.surgeongeneral.gov/library/calls/breastfeeding](http://www.surgeongeneral.gov/library/calls/breastfeeding)

**World Alliance for Breastfeeding Action** [www.waba.org.my](#)

### **Baby-Friendly Hospital Initiative Resources**

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

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

### **Billing Codes**

**American Academy of Pediatrics (AAP)** <http://www2.aap.org/breastfeeding/files/pdf/coding.pdf>  
Need an account to gain access

**Billing Codes:** [www.cms.gov/medicare-coverage-database/staticpages/icd-10-code-lookup.aspx](http://www.cms.gov/medicare-coverage-database/staticpages/icd-10-code-lookup.aspx)

**Billing Codes for Lactation** [www.icd10data.com/ICD10CM/Codes/O00-O9A/O85-O92/O92-/O92.79](http://www.icd10data.com/ICD10CM/Codes/O00-O9A/O85-O92/O92-/O92.79)

**Donna Sinnott, lactation coding expert:** [https://peacelovebreastfeeding.com/Home\\_Page.html](https://peacelovebreastfeeding.com/Home_Page.html)

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

### **Black, Brown and Indigenous People of Color**

**African American Breastfeeding Network:** <http://aabnetwork.org/>

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

**Black Mothers' Breastfeeding Association:** <http://blackmothersbreastfeeding.org/>

**Irth:** <https://irthapp.com/> prenatal, birthing, postpartum and pediatric reviews from Black and Brown women

**Latinas** <https://salud-america.org/why-equity-in-breastfeeding-matters-for-latina-and-all-women/>

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

**Native American** [www.faceresources.org/indigenous-breastfeeding/IHS.gov/baby-friendly/](http://www.faceresources.org/indigenous-breastfeeding/IHS.gov/baby-friendly/)

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

### **Blogs**

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

**ILCA** <https://lactationmatters.org>

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

**Privately sponsored blogs:**

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

<http://www.thebadassbreastfeeder.com>

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

<https://womenshealthtoday.blog/about/> (from Kathleen Kendall-Tackett PhD)

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

<http://www.lizbrooksibclc.com/news/> (from Liz Brooks, JD, IBCLC)

<http://www.milkjunkies.net> (breastfeeding and parenting from a transgender viewpoint)

### **Books, AV materials, videos, brochures for sale**

**Childbirth Graphics/WRS Group** [www.childbirthgraphics.com](http://www.childbirthgraphics.com)

**Praeclarus Press** (formerly Hale Publishing) [www.praeclaruspress.com](http://www.praeclaruspress.com)

**Injoy** [www.injoyvideos.com](http://www.injoyvideos.com)

**Noodle Soup:** [www.noodlesoup.com](http://www.noodlesoup.com)

**Kay Hoover and Barbara Wilson-Clay** [www.breastfeedingmaterials.com](http://www.breastfeedingmaterials.com)

### **Breastfeeding/Lactation Organizations**

*(Offer courses, educational materials and conferences)*

**Academy of Lactation Policy and Practice** <https://www.alpp.org/>

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

**BAE (Breastfeeding Awareness and Empowerment) BAE**

<https://www.thelactationtherapist.com/bbq4bae.html> - :~:text=Beautiful Black Queens for Breastfeeding,-initiation, exclusivity and longevity

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

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

**Healthy Children Project, Inc. Center for Breastfeeding** <https://centerforbreastfeeding.org/>

**International Board of Lactation Consultant Examiners** [www.iblce.org](http://www.iblce.org)

**International Lactation Consultant Association** [www.ilca.org](http://www.ilca.org)

**La Leche League International (LLLI)** [www.llli.org](http://www.llli.org)

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

**Wellstart International** [www.wellstart.org/resources.html](http://www.wellstart.org/resources.html)

### **Breastfeeding Help Sites (for Mothers and for Providers)**

**Biological Nurturing** [www.biologicalnurturing.com](http://www.biologicalnurturing.com)

**Breastfeeding After Reduction:** [www.bfar.org](http://www.bfar.org) (breastfeeding after all types of breast surgery)

**Breastfeeding/Nursing Aversion & Agitation** <https://www.breastfeedingaversion.com/what-is-nursing-aversion>

**Department of Health and Human Services** [www.womenshealth.gov/breastfeeding/](http://www.womenshealth.gov/breastfeeding/)

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

**KellyMom.com** (Evidence based site for both families and providers. Covers just about everything lactation related.)

**UNC Lactation Program** Clinical protocols and parent handouts  
<https://www.mombaby.org/unc-lactation-program/>

**Lactnet** (*listserv for lactation professionals and breastfeeding helpers only*) Search on-line  
**Mothers Overcoming Breastfeeding Issues (MOBI):**  
[http://www.mobimotherhood.org/?fbclid=IwAR2tAFgTAq\\_4QEJn\\_0q1v6Yi9LSszdGuh9ZNnvH69O9Cx8wxKynBUgFJMVk](http://www.mobimotherhood.org/?fbclid=IwAR2tAFgTAq_4QEJn_0q1v6Yi9LSszdGuh9ZNnvH69O9Cx8wxKynBUgFJMVk)

**Newborn Weight Tool** [www.newbornweight.org/](http://www.newbornweight.org/)

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

### **Childbirth and Doula Organizations**

**Birth Brown Co-Op** <https://birthbrown.coop/>

**Birthing from Within** [www.birthingfromwithin.com](http://www.birthingfromwithin.com)

**BirthWorks** [www.birthworks.org](http://www.birthworks.org)

**Black Doulas Philadelphia** <https://www.blackdoulas.org/pennsylvania>

**Childbirth and Postpartum Professional Association** [www.cappa.net](http://www.cappa.net)

**Coalition to Improve Maternity Services (CIMS)** [www.motherfriendly.org](http://www.motherfriendly.org)

**Doulas.com** <http://www.doulas.com/>  
(Includes **Operation Special Delivery**, a program that provides free doulas for women whose babies' fathers are in the military.)

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

**Facebook:** [Doulas of Philadelphia @doulasofphilly](#)  
[Doula Connect - Pennsylvania](#)

**Hypnobirthing** <https://us.hypnobirthing.com/>

**ICAN OF SOUTHEASTERN PA (International Cesarean Awareness Network)**  
<https://www.facebook.com/icanofsepa/>

**International Center for Traditional Childbearing**  
<https://www.mrgfoundation.org/grantees/international-center-traditional-childbearing/>

**International Childbirth Education Association** [www.icea.org](http://www.icea.org)

**Lamaze International, Inc.** [www.lamaze.org](http://www.lamaze.org)

**Maternity Care Coalition** [NBlack@maternitycarecoalition.org](mailto:NBlack@maternitycarecoalition.org)

**Pennsylvania Association of Certified Professional Midwives** [www.pacpm.org](http://www.pacpm.org)

**Pettaway Pursuit Foundation** <https://pettawaypursuitfoundation.org/>

**Philadelphia Alliance for Labor Support** <http://www.palsdoulas.com/>

**Philly Doula Cooperative** [www.phillydoulacoop.com](http://www.phillydoulacoop.com)

**Philly Midwife Collective** <https://philadelphiamidwifecollective.org/>

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

### **Children's Advocacy Project**

<https://cap4kids.org/philadelphia/>

### **Child Care/Early Childhood Education Programs**

#### **Breastfeeding & Early Childhood Educators Pennsylvania**

[www.ecels-healthychildcarepa.org/publications/health-link-online/item/437-breastfeeding-early-childhood-educators](http://www.ecels-healthychildcarepa.org/publications/health-link-online/item/437-breastfeeding-early-childhood-educators)

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

<https://www.pakeys.org/elrcs/> The [Pennsylvania Department of Human Services' \(DHS\)](http://www.dhs.pa.gov/) Office of Child Development and Early Learning (OCDEL) has announced the selection of regional Early Learning Resource Centers (ELRCs), created to improve the quality of and access to early learning services in the state and help families identify the best child care options that meet the needs of the child(ren) while offering connections to additional services, such as a child care subsidy.

#### **Philadelphia Resources**

<https://cap4kids.org/philadelphia/parent-handouts/child-care-respice-care/child-care/>

#### **Breastfeeding Information for Child Care Providers**

<https://www.health.state.mn.us/people/breastfeeding/earlycare.html>

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

<http://nrckids.org/>

#### **Carolina Breastfeeding-Friendly Child Care Initiatives**

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

#### **CDC Support for Breastfeeding in Early Childhood Education**

[www.cdc.gov/breastfeeding/pdf/strategy6-support-breastfeeding-early-care.pdf](http://www.cdc.gov/breastfeeding/pdf/strategy6-support-breastfeeding-early-care.pdf)

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

[https://www.cdc.gov/breastfeeding/recommendations/other\\_mothers\\_milk.htm](https://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>

#### **US Department of Agriculture CACFP Breastfeeding and Childcare**

<https://www.fns.usda.gov/cacfp/meals-and-snacks>

### **Children with Special Health Care Needs**

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

#### **Breastfeeding a Baby with Cardiac Disease:**

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

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

**Breastfeeding a Baby with Cleft Lip and Palate**

<https://abm.memberclicks.net/assets/DOCUMENTS/PROTOCOLS/17-cleft-lip-cleft-palate-protocol-english.pdf>

**Breastfeeding a Baby with Down's Syndrome**

<https://juliasway.org/brochure> (available in English and in Spanish)  
Support group: [love@juliasway.com](mailto:love@juliasway.com)

**Breastfeeding a Baby with Insulin-Dependent Diabetes**

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

**Kelly Mom**

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

**La Leche League, International**

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

**Child Welfare**

Custody:

[Custody and Breastfeeding by Philipa Pearson-Glaze 2020](#)

[Promoting access to breastfeeding in Child Welfare Matters:](#)

Visitation:

[Breastfeeding and Visitation or Custody](#)

Liz Brooks JD, IBCLC ["Protecting Breastfeeding While in Divorce or Custody dispute."](#)

**Chronic Conditions in the Mother**

**Blind:** <https://nfb.org/images/nfb/publications/brochures/blindparents/parentingwithout sight.html>

<https://visionaware.org/blog/visually-impaired-now-what/breastfeeding-baby-as-a-blind-or-visually-impaired-mother/>

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

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

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

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

[https://www.disabledparenting.com/breastfeeding-advice-for-mothers-with-disabilities/?fbclid=IwAR3YZNYOg9ZrwRcZ8fciCctApH8-IMwzJg\\_DrABA\\_4MmJiAQwUdW5r0QSgg](https://www.disabledparenting.com/breastfeeding-advice-for-mothers-with-disabilities/?fbclid=IwAR3YZNYOg9ZrwRcZ8fciCctApH8-IMwzJg_DrABA_4MmJiAQwUdW5r0QSgg)

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

[http://en.hesperian.org/hhg/A\\_Health\\_Handbook\\_for\\_Women\\_with\\_Disabilities:Breastfeeding\\_the\\_baby](http://en.hesperian.org/hhg/A_Health_Handbook_for_Women_with_Disabilities:Breastfeeding_the_baby)

**Substance Abuse Disorder:**

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

**Wheelchair-Using Parents Stroller Options**

[https://www.spinalcord.com/blog/stroller-options-for-wheelchair-using-parents?fbclid=IwAR25HI-sVnxnKusQXTn4NjDP3dO\\_sPYrkkFmTpW9XNIsgHFvlgZLLyJmZBs](https://www.spinalcord.com/blog/stroller-options-for-wheelchair-using-parents?fbclid=IwAR25HI-sVnxnKusQXTn4NjDP3dO_sPYrkkFmTpW9XNIsgHFvlgZLLyJmZBs)

**College Education in Lactation**

**Drexel University**

<https://drexel.edu/cnhp/academics/certificates/Human-Lactation-Consultant-Program/>

**Maternal-Child Health: Union Institute and University**

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

### **Competition**

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

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

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

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

### **Economics and Finances**

**Cost of Not Breastfeeding Tool:** <https://academic.oup.com/heapol/article/34/6/407/5522499>

### **Education in breastfeeding and lactation (physicians too)**

FREE education resource list:

[https://docs.google.com/spreadsheets/d/1onPQMOQFKRgM13NGuwtrzsH\\_xFsxUyP\\_OagGzPYaFi2A/htmlview?fbclid=IwAR3j073v4JrGfs1RT-t8VdHKIaOC6O6QDcvHoAHCjBwwaAFLDwvC6CUhS7I](https://docs.google.com/spreadsheets/d/1onPQMOQFKRgM13NGuwtrzsH_xFsxUyP_OagGzPYaFi2A/htmlview?fbclid=IwAR3j073v4JrGfs1RT-t8VdHKIaOC6O6QDcvHoAHCjBwwaAFLDwvC6CUhS7I)

**American Academy of Pediatrics:**

<https://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/Breastfeeding/Pages/Breastfeeding-Educational-Resources.aspx>

**Philadelphia Chapter AAP:**

<https://www.paaap.org/breastfeeding-programs.html>

**California State University College of Health and Human Development Lactation Education**

<https://www.csun.edu/health-human-development/lactation-education>

**Droplet** [www.firstdroplets.com](http://www.firstdroplets.com)

Mission is to encourage parents to take advantage of the critical window (the first hours, and first 5 days after birth) to take out milk often to establish a full supply.

**Stanford University** <https://med.stanford.edu/content/dam/sm/peds/documents/elective-selective-rotations/lactation/lactation-rotation-summary.pdf>

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

**University of North Dakota**

[https://med.und.edu/education-resources/electives/\\_files/docs/ped-9311.pdf](https://med.und.edu/education-resources/electives/_files/docs/ped-9311.pdf)

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

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

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

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

### **Facebook Groups**

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

**Black Mothers Do Breastfeed**

**Chinese Speaking Breastfeeding Support**

**Exclusively Pumping Mamas**

**Latina Breastfeeding Coalition**

**Native American Breastfeeding Coalition of Washington**

**Pan-India  
Postpartum Mood Disorders Affect Women of Color Too  
Postpartum Support International  
TransReproductiveSupport  
Thai**

### **Fathers**

**Dad's Adventure:**

<https://dadsadventure.com/breastfeeding/>

**Fathers Hold Key to Breastfeeding Success:**

<https://www.nichq.org/insight/fathers-powerful-allies-maternal-and-child-health>

**KellyMom** <https://kellymom.com/pregnancy/bf-prep/bf-links-father/>

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

### **Foreign Language Materials (Free)**

**Baby-Friendly**

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

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

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

<http://www.Ethnomed.org>

[https://www.healthinfotranslations.org/topic/pregnancy\\_and\\_baby\\_care/46013/](https://www.healthinfotranslations.org/topic/pregnancy_and_baby_care/46013/)

Arabic, Bosnian, Chinese Simplified , Chinese Traditional, English, French, Hindi, Japanese, Khmer, Korean, Marshallese, Multilingual, Nepali, Portuguese, Russian, Somali, Spanish, Tagalog , Ukrainian, Vietnamese

**HealthReach/National Library of Medicine**

<https://healthreach.nlm.nih.gov/document/535/Breastfeeding-Basics>

Arabic, Chinese simplified, Chinese traditional, French, Hindi, Japanese, Nepali, Russian, Somali, Spanish, Vietnamese

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

**La Leche League International (Breastfeeding in Emergencies)**

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

Arabic, Bengali, Chinese, English, French, German, Indonesian, Italian, Japanese, Portuguese, Russian, Spanish, Swahili

**Lactation Education Resources**

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

Arabic, Chinese, English, Polish, Spanish, Vietnamese

**Vietnamese materials**

<https://nature.berkeley.edu/departments/nut/extension/vietnamese.html>

**Missouri Department of Health**

<https://health.mo.gov/living/families/wic/breastfeeding/resourcesdata/>

### **FREE Handouts and Photographs**

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

**Diaper Recording Log**

<https://www.thebump.com/a/tool-breastfeeding-log>



**FitWIC Baby Behavior Study:**

[https://wicworks.fns.usda.gov/wicworks/Sharing\\_Center/gallery/FitWICBaby.htm](https://wicworks.fns.usda.gov/wicworks/Sharing_Center/gallery/FitWICBaby.htm)

**Growth Charts (CDC)**

[http://www.cdc.gov/growthcharts/who\\_charts.htm](http://www.cdc.gov/growthcharts/who_charts.htm)

**Growth Velocity Charts (WHO)**

<https://www.who.int/tools/child-growth-standards/standards>

**Lactation Education Resources**

[www.lactationtraining.com/resources/educational-materials/handouts-parents/handouts-lactation](http://www.lactationtraining.com/resources/educational-materials/handouts-parents/handouts-lactation)

Free and in many languages

**Pennsylvania Department of Health (crib cards, door hangers)**

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

**Philadelphia Department of Public Health:**

<https://www.phila.gov/services/mental-physical-health/get-health-care-and-support/family-and-childrens-health-care/get-breastfeeding-support/>

**United States Breastfeeding Committee FREE photo gallery:**

<http://www.usbreastfeeding.org/photo-project?fbclid=IwAR19cFOD9DP9qCA-zsqg0RrcBIsGVj7lkMoXx3fzt68pi6mWVh6vrPF6Y9s>

**USDA WIC Works Resource System:**

<https://wicworks.fns.usda.gov/resources/breastfed-babies-welcome-here>

## Formula

**European formulae:**

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

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

**FDA regulation of formula**

<https://www.fda.gov/consumers/consumer-updates/fda-takes-final-step-infant-formula-protections>

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

**2020 list of Organic infant formulae**

<https://mommyhood101.com/best-organic-baby-formula>

**Safe Preparation of Powdered Infant Formula**

<https://www.cdc.gov/nutrition/infantandtoddlernutrition/formula-feeding/infant-formula-preparation-and-storage.html>

**WHO Toolkit for monitoring Code compliance**

<https://www.who.int/nutrition/netcode/toolkit/en/>

## **Human Milk: Handling and Storage**

**CDC:**

[Proper Storage and Preparation of Breast Milk](#)

[What to Do if an Infant or Child Is Mistakenly Fed Another Woman's Expressed Breast Milk](#)

**Academy of Breastfeeding Medicine**

<https://abm.memberclicks.net/assets/DOCUMENTS/PROTOCOLS/8-human-milk-storage-protocol-english.pdf>

## **International Organizations**

**La Leche League, International** [www.llli.org](http://www.llli.org)

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

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

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

### **Large-sized Nursing Bras**

<http://www.decentexposures.com>

**Plus Sizes:** [http://www.barenecessities.com/Nursing--Maternity-Bras-Plus-Size-Bras\\_catalog\\_nxs,47\\_style,12.htm?amsk=riejwn8874](http://www.barenecessities.com/Nursing--Maternity-Bras-Plus-Size-Bras_catalog_nxs,47_style,12.htm?amsk=riejwn8874)

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

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

[www.braspectrum.com](http://www.braspectrum.com)

[www.b4village.org](http://www.b4village.org)

### **Laws and Legal Issues**

#### **National Conference of State Legislatures**

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

#### **Human Relations Commission Philadelphia**

<https://www.phila.gov/departments/philadelphia-commission-on-human-relations/>

Monitors and supports Philadelphia ordinances permitting breastfeeding outside the home and pumping in the workplace

#### **United States Breastfeeding Committee** Federal Workplace Law

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

#### **About the break time for nursing mothers law:**

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

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

#### **Women's Law Project Philadelphia and Pennsylvania laws**

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

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

- (1) <http://www.lizbrooksibclc.com/2018/08/19/protecting-breastfeeding-while-in-a-divorce-or-custody-dispute/?fbclid=IwAR2MaELTVRvFxqVs19>
- (2) <http://theleakyboob.com/2011/02/a-journey-through-breastfeeding-and-visitation/>
- (3) <http://www.attachmentparenting.org/parentingtopics/special-areas/divorce-custody-blendedfamilies>
- (4) <http://www.newswise.com/articles/overnights-away-from-home-affect-children-s-attachments-uva-study-shows>
- (5) <https://web.archive.org/web/20170326173603/http://www.lli.org/law/lawus.html>

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

**Pregnant at Work:** includes guidelines for physicians to support their patients rights

<https://www.pregnantatwork.org/healthcare-professionals/breastfeeding/>

#### **Talking to your Boss About Your Pump:**

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

## **LGBTQIA+**

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

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

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

[Transgender/transsexual/genderfluid Tip sheet from La Leche League Canada](#)

[Collaborate Consulting](#) <https://collaborate.consulting/trystan-reese>

[Refuge Midwifery](#) <https://www.refugemidwifery.com/>

**OutCare** <https://www.outcarehealth.org/>

**Mazzoni Center** <https://www.mazzonicenter.org/>

## **Locations to breastfeed or pump in Philadelphia and beyond**

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

### **Philadelphia Airport:**

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

**The Breastfeeding Room Locator:** <https://www.momspumphere.com/>

<https://billypenn.com/2018/03/25/43-changing-rooms-and-nursing-friendly-spaces-around-philly-mapped/> (2018)

<http://phillyfamily.com/breastfeeding-friendly-philly/>

## **Medical Organizations**

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

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

**American Academy of Family Practice**

[https://s.aafp.org/?q=breastfeeding&first\\_search=0&search=Entire+Site](https://s.aafp.org/?q=breastfeeding&first_search=0&search=Entire+Site)

**American College of Obstetrics and Gynecology** [www.acog.org](http://www.acog.org)

[https://www.acog.org/Search?Keyword=breastfeeding -  
q=breastfeeding&sort=relevancy&f:@selectedcontenttype:not=\[News Release\]](https://www.acog.org/Search?Keyword=breastfeeding-q=breastfeeding&sort=relevancy&f:@selectedcontenttype:not=[News+Release])

**American Academy of Pediatrics (AAP)** [www.aap.org/breastfeeding](http://www.aap.org/breastfeeding)

[https://www.aap.org/en-us/advocacy-and-policy/aap-health-  
initiatives/Breastfeeding/Pages/Breastfeeding-Educational-Resources.aspx](https://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/Breastfeeding/Pages/Breastfeeding-Educational-Resources.aspx)

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

**American Academy of Pediatrics (PA chapter)** <https://www.paaap.org/breastfeeding-programs.html>

### **Centers for Disease Control:**

<https://www.cdc.gov/breastfeeding/resources/physician-education-and-training.html>

**Community Health Training Institute**

<https://www.hriainstitute.org/breastfeedingcme/>

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

**Maryland Department of Health (free)**

[https://phpa.health.maryland.gov/mch/Pages/Hospital\\_Breastfeeding\\_Physician\\_Training.aspx](https://phpa.health.maryland.gov/mch/Pages/Hospital_Breastfeeding_Physician_Training.aspx)

**Open Pediatrics**

<https://www.openpediatrics.org/>

Register with OPEN Pediatrics and then can search "bella" or "breastfeeding" to find the course.

**School of Public Health, University at Albany, State University of New York**

[https://www.albany.edu/sph/cphce/preventionagenda\\_breastfeeding.shtml](https://www.albany.edu/sph/cphce/preventionagenda_breastfeeding.shtml)

**Wellstart** <http://wellstart.org>

**National Organizations**

**Baby-Friendly Hospital Initiative, USA** [www.babyfriendlyusa.org](http://www.babyfriendlyusa.org)

**Centers for Disease Control** [www.cdc.gov/breastfeeding](http://www.cdc.gov/breastfeeding)

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

CDC's Breastfeeding Report Cards (includes national and state-level data)  
[www.cdc.gov/breastfeeding/data/reportcard.htm](http://www.cdc.gov/breastfeeding/data/reportcard.htm)

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

CDC's Breastfeeding: Strategies and Resources  
<https://www.cdc.gov/nccdphp/dnpao/state-local-programs/breastfeeding.html>

**Department of Health and Human Services** [www.womenshealth.gov/breastfeeding](http://www.womenshealth.gov/breastfeeding)

**Healthy People 2030** <https://health.gov/https://health.gov/healthypeople/objectives-and-data/browse-objectives/infants/increase-proportion-infants-who-are-breastfed-1-year-mich-16>

**March of Dimes**  
<https://www.marchofdimes.org/search-results.aspx?search-text=breastfeeding>

**United States Breastfeeding Committee** [www.usbreastfeeding.org](http://www.usbreastfeeding.org)

**United States Lactation Consultant Association** [www.uslca.org](http://www.uslca.org)

**WIC/Food & Nutrition Services**  
[https://wicworks.fns.usda.gov/wicworks/Sharing\\_Center/gallery/FitWICBaby.htm](https://wicworks.fns.usda.gov/wicworks/Sharing_Center/gallery/FitWICBaby.htm)  
<https://wicworks.fns.usda.gov/>

**Online Education sites that award CEUs, CERPs and CMEs**

Require creating an account and log-in  
\$ indicates fees for programs

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

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

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

**PA Chapter American Academy of Pediatrics FREE (awards CMEs)**

2 Courses:

15-hours of training for the Keystone 10 initiative  
EPIC BEST (Breastfeeding Education and Support)

<https://cme.hs.pitt.edu/ISER/app/home/displayMainPage?site=paaap>

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

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

### **Philadelphia/Pennsylvania Organizations**

**Maternity Care Coalition** [www.maternitycarecoalition.org](http://www.maternitycarecoalition.org)

**Philadelphia Department of Public Health**  
<http://www.phila.gov/health/MCFH/BreastfeedingPromotion.html>

**Pennsylvania Breastfeeding Coalition** [www.pabreastfeeding.org](http://www.pabreastfeeding.org)

**Pennsylvania Department of Health Breastfeeding Program**  
<https://www.health.pa.gov/topics/programs/Breastfeeding/Pages/Breastfeeding.aspx>

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

**Pennsylvania Resource Organization of Lactation Consultants** [www.prolc.org](http://www.prolc.org)  
Where to find an IBCLC; information about minority scholarship

### **Podcasts about birth and breastfeeding**

**Academy of Breastfeeding Medicine:**  
<https://itunes.apple.com/us/podcast/breastfeeding-medicine-podcast/id417009927?mt=2>

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

**Birthright** <https://birthrightpodcast.com/> About joy and healing in Black birth

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

**Institute for the Advancement of Breastfeeding and Lactation Education**  
[https://lacted.org/podcasts/?fbclid=IwAR3vUoX\\_0h1FucPy9rpWHKs01vzq98rEyYb7ZcLytZQFHHAfIpKCA45ce0k](https://lacted.org/podcasts/?fbclid=IwAR3vUoX_0h1FucPy9rpWHKs01vzq98rEyYb7ZcLytZQFHHAfIpKCA45ce0k)

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

### **Postpartum Depression/Mood Adjustment Disorder**

**CAP4Kids**  
<http://cap4kids.org/philadelphia/parent-handouts/pregnancy-resources-and-infants/post-partum-resources/>

**CDC's Depression Among Women of Reproductive Age**  
[www.cdc.gov/reproductivehealth/Depression/](http://www.cdc.gov/reproductivehealth/Depression/)

**Dr. Katherine-Kendall Tackett** [www.UppityScienceChick.com](http://www.UppityScienceChick.com)

**Jabina Coleman MSW, IBCLC** <https://www.thelactationtherapist.com/>

**Penn Center for Behavioral Wellness** [www.med.upenn.edu/womenswellness/](http://www.med.upenn.edu/womenswellness/)

**Perinatal Mental Health Alliance for People of Color** [www.pmhapoc.org](http://www.pmhapoc.org)

**Postpartum Support International** [www.postpartum.net/locations/pennsylvania/](http://www.postpartum.net/locations/pennsylvania/)  
<http://www.postpartum.net/> 1-800-944-9773

**Kelli Wicklund MA, NCP, LCP** [www.maternalwellness.org](http://www.maternalwellness.org)

**SAMHSA Mental Health hotline** 1-800-662-4357

### **Premature Infants**

**Breastfeeding premature infants**

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

**Nutritional Support of the Very Low Birth Weight Infant**

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

**Best Beginnings: Small Wonders Youtube Channel:**

<https://www.youtube.com/user/bestbeginnings/search?query=small+wonders>

**Newborn Weight Tool:** <https://www.newbornweight.org/>

### **Pumping**

**Keeping Breast Pump Kit Clean**

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

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

**Pump parts:** <https://maymom.com/>

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

### **Research Publications and Sites**

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

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

**Childbirth Connection (formerly Maternity Center Association)**

Free downloads, including the Milbank Report and the Listening to Mothers survey  
[www.childbirthconnection.org](http://www.childbirthconnection.org)

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

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

**Skin to skin Care** (Huge 2018 bibliography) <http://www.kangaroocareusa.org/uploads/KCBIB2018.pdf>

### **Sleep**

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

**ABM Protocol** [https://www.bfmed.org/assets/Protocol Number 6 2019 Revision.pdf](https://www.bfmed.org/assets/Protocol%20Number%206%202019%20Revision.pdf)

**Baby Sleep Information Source** <https://www.basisonline.org.uk/>

**James McKenna PhD** <https://cosleeping.nd.edu/safe-co-sleeping-guidelines/>

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

**Safe Sleep 7** <https://www.llli.org/the-safe-sleep-seven/>

## **Streaming Videos for Teaching**

*Please review YouTube video topics before sharing with anyone, as there can be contamination from the porn industry. ☹*

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

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

**Breast Massage Following Perinatal Loss** <https://vimeo.com/374979707>

### **Global Health Media Project**

A wealth of videos about childbirth, breastfeeding, care of small babies, baby wraps, jaundice, assessment, hand expression and more. In many languages (English, Spanish, Swahili and more.)

<https://www.youtube.com/user/globalhealthmediaorg>

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

### **Hand Expression of Human Milk**

<http://www.unicef.org.uk/BabyFriendly/Resources/AudioVideo/Hand-expression>

<http://ammehjelpen.no/handmelking?id=907>

<https://www.youtube.com/watch?v=1eAICXUXw14> (English and Spanish)

<https://vimeo.com/65196007>

<https://www.youtube.com/watch?v=fBgH7ERjpQ> (Normalize Breastfeeding)

**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=qX44xcS995k>

### **International Breastfeeding Centre (from Dr. Jack Newman)**

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

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

**Increasing Milk Supply by Hands-On Pumping: (pumping for a premature infant and for return to work)** <https://www.youtube.com/watch?v=btCMw5WYas>

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

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

**Skin to Skin:** <http://skin2skin.org/>

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

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

### **Paced Bottle-Feeding**

<http://www.youtube.com/watch?v=UH4T70OSzGs&feature=youtu.be>

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

Milk Mob <https://www.youtube.com/watch?v=OGPm5SpLxXY>

**Reduce Infant Pain During Painful Procedures:** <https://www.youtube.com/watch?v=L43y0H6XEH4>  
(breastfeeding and skin to skin)

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

**Reverse Pressure Softening** [http://www.youtube.com/watch?v=2\\_RD9HNR0J8](http://www.youtube.com/watch?v=2_RD9HNR0J8)  
<https://www.youtube.com/watch?v=tCWisBRmzpw>

## **TED Talks about breastfeeding**

Dr. Jenn Anderson: <https://www.youtube.com/watch?v=GOC0WrGNB0>

Breastfeeding is Everyone's Business

Katie Hinde PhD: [https://www.ted.com/talks/katie\\_hinde\\_what\\_we\\_don\\_t\\_know\\_about\\_mother\\_s\\_milk](https://www.ted.com/talks/katie_hinde_what_we_don_t_know_about_mother_s_milk)  
What we don't know about mother's milk.

Sascha Meyer (co-founder of Mamava) :<https://www.youtube.com/watch?v=4g-ov94ZW0o>  
Why breastfeeding has become a privilege not a right

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

Jessica Shortall,author  
[https://www.ted.com/talks/jessica\\_shortall\\_the\\_us\\_needs\\_paid\\_family\\_leave\\_for\\_the\\_sake\\_of\\_its\\_future](https://www.ted.com/talks/jessica_shortall_the_us_needs_paid_family_leave_for_the_sake_of_its_future)  
The US needs paid family leave - - for the sake of its future

Villa Tosio RN. RM <https://www.youtube.com/watch?v=I-RIpmdp3Iw>  
Breastfeeding and the Modern Woman

Todd Wolynn MD: <https://www.youtube.com/watch?v=qgB44IYKRvs>  
Striking/Unboxed

### **Transportation for those who need assistance to get to medical appointments**

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

### **Webinars**

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

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

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

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

**NACCHO** <https://www.naccho.org/programs/community-health/maternal-child-adolescent-health/breastfeeding-support>

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

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

### **Workplace Breastfeeding Information**

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

**ACA Breast Pumps and Insurance Information:**  
[www.hhs.gov/healthcare/facts-and-features/fact-sheets/breast-pumps-and-insurance-coverage-what-you-need-to-know/index.html](http://www.hhs.gov/healthcare/facts-and-features/fact-sheets/breast-pumps-and-insurance-coverage-what-you-need-to-know/index.html)

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

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

**How to Keep Your Breast Pump Kit Clean**  
<https://www.cdc.gov/healthywater/pdf/hygiene/breast-pump-fact-sheet.pdf>

**Internet home for information about breastfeeding for working moms.**  
[www.workandpump.com](http://www.workandpump.com)



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

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

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

**Office of Women’s Health information and resources**  
<https://www.womenshealth.gov/supporting-nursing-moms-work/break-time-and-private-space/location-breaks>

## Chapter 17 - Sources of Donor Human Milk

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### **2 Pennsylvania Milk Banks:**

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

**2) Mid-Atlantic Mother's Milk Bank**

3127 Penn Ave., Pittsburgh, PA 15201

(412) 281-4400

<https://midatlanticmilkbank.org/>

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

Reimbursement for donor human milk:

"Medicaid does pay for outpatient donor milk in some circumstances. The state's Fee for Service program covers medically necessary donor milk. The MCOs/MCAs that serve most Medicaid recipients in PA do the same. What we see being covered are GI and cardiac issues, history of NEC, formula tolerance (often formula trials will need to be documented), severe allergies, malabsorption issues, and immune issues. Of course, a lot of the recipients have complex medical needs so this is by no means an exhaustive list. Military insurance (Tricare) also covers donor milk.

Pre-authorization is required and that has to be initiated by the prescribing healthcare provider-

For infants with a documented medical need that do not have coverage, our milk bank offers an income based sliding scale discount program." Denise O'Connor 10/21/2020

**PROLACTA Bioscience**

<http://www.prolacta.com>

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

**To Donate Milk:(Can be a tax deduction for the person who is donating.)**

- (1) Contact <http://www.mothersmilk.coop/>
- (2) Mid-Atlantic Mother's Milk Bank has 3 local milk collecting Depots:
  - a) Breastfeeding Resource Center
    - a. Abington 1355 Old York Road
    - b. Wayne 987 Old Eagle School Road
  - b. LifeCycle Woman Care 918 Country Line Road, Bryn Mawr is a collecting depot
- (3) Mothers' Milk Bank Northeast has Breast Milk Depots:
  - a. Bensalem 3331 Street Road. Contact: Kristen Quinn (267) 972-8008 or [kquinn@acelleron.com](mailto:kquinn@acelleron.com)
  - b. Landsdown 11 Owen Avenue Pettaway Pursuit Foundation (610) 553-5479

**Informal Milk Sharing Sites (also have Facebook pages)**

Eats on Feets: <https://www.eatsonfeetsresources.org/>

Human Milk for Human Babies: <https://www.facebook.com/hm4hb/>

**Published materials about community or informal breastmilk sharing:**

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

2) FDA

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

3) AWHONN 2016 [Informal Milk Sharing in the US](#)

4) [Academy of Breastfeeding Medicine's 2017 Position Statement on Informal Breast Milk Sharing for the Term Healthy Infant.](#)

Sriraman N., Evans A., Lawrence R, Noble and the Academy of Breastfeeding Medicine's Board of Directors. Breastfeeding Medicine. Volume 13 (1), 201

## Chapter 18 - Drugs in Lactation

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

**LactMed** (FREE on-line drug database) (for healthcare workers)  
<https://www.ncbi.nlm.nih.gov/books/NBK501922/> Must use on-line version; app no longer supported.

**The Lactation Center at the University of Rochester Medical Center**  
(585) 275-0088 <https://www.urmc.rochester.edu/childrens-hospital/neonatology/lactation.aspx>  
For healthcare professionals.

**Medications & Mothers' Milk: A Manual of Lactational Pharmacology** (for healthcare professionals)  
By Thomas W. Hale, PhD  
Reference book is updated every two years Has an app for sale.

**Infant Risk Center** (for both parents and healthcare professionals)  
<https://www.infantrisk.com/>  
Dr. Thomas Hale's website for answering questions about medications for pregnant and nursing mothers  
(806) 352-2519 Monday-Friday 8am-5pm Central time.

**Mommymeds.com**  
Information for parents about medications, procedures, and surgery and breastfeeding.  
<http://mommymeds.com/> \$3.99 for app

**Mothertobaby.org**  
Medications & More During Pregnancy and Breastfeeding. English and Spanish.

**Use of Contrast Media in Lactation**  
<http://www.radiology.ucsf.edu/patient-care/patient-safety/ct-mri-pregnancy/lactation>  
<https://radiopaedia.org/articles/contrast-media-and-breastfeeding?lang=us>

"Current guidelines do not support the cessation of breastfeeding after contrast administration."

**American College of Radiology 2020 Manual**  
[https://www.acr.org/-/media/ACR/files/clinical-resources/contrast\\_media.pdf](https://www.acr.org/-/media/ACR/files/clinical-resources/contrast_media.pdf) (pp. 101- 102 specific to breastfeeding)

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

"The likelihood of either direct toxic or allergic-like manifestations resulting from ingested iodinated contrast material in the infant is extremely low. As with other medications in milk, the taste of the milk may be altered if it contains contrast medium,"

**Reporting a medication's negative impact on milk supply, infant health or breastfeeding:**  
(Parents and professionals can file a report.)  
<https://www.accessdata.fda.gov/scripts/medwatch/index.cfm?action=reporting.home>