

Breastfeeding Resources

Websites and phone numbers

This handout provides websites and phone numbers for organizations that can help you as you breastfeed your new baby.

Information and Organizations

Baby Friendly Hospital Initiative

www.babyfriendlyusa.org

World Health Organization – Breastfeeding

www.who.int/topics/breastfeeding/en

Centers for Disease Control and Prevention – Breastfeeding

www.cdc.gov/breastfeeding

Academy of Breastfeeding Medicine

www.bfmed.org, 800.990.4226

American Academy of Pediatrics – Breastfeeding and the Use of Human Milk

www.pediatrics.aappublications.org/content/129/3/e827

National Institute of Child Health and Human Development

www.nichd.nih.gov, 800.370.2943

Breastfeeding Online

Jack Newman, M.D.

www.breastfeedingonline.com/newman.shtml

Kelly Mom

www.kellymom.com

Getting Started with Breastfeeding

www.newborns.stanford.edu/Breastfeeding

La Leche League

www.llusa.org or www.lalecheleague.org

877.452.5324 (helpline), 800.525.3243, 206.522.1336 (Seattle)



UW Medicine has lactation specialists who can teach you breastfeeding techniques and answer your questions about feeding your newborn.



UW Medical Center and Valley Medical Center have earned an award called the “Baby Friendly Hospital Initiative” from UNICEF and the World Health Organization. This award is given to hospitals that provide a positive environment for breastfeeding families by following the “Ten Steps to Successful Breastfeeding.”

U.S. Department of Health and Human Services Office on Women’s Health

www.womenshealth.gov/breastfeeding

Public Health – Seattle & King County

www.kingcounty.gov/healthservices/health/personal/breastfeeding.aspx, 206.296.4786

Within Reach and Breastfeeding Coalition of Washington State

www.withinreachwa.org, 800.322.2588

Groups, Classes, and Support Services

La Leche League

For Seattle groups, call 206.522.1336

Birth and Beyond

Offering a wide range of breastfeeding and parenting support
www.birthandbeyond.com
206.324.4831

PEPS (Program for Early Parent Support)

www.peps.org, 206.547.8570

NAPS (Northwest Association for Postpartum Support)

Doula service
www.napsdoulas.com, 206.956.1955

Medicines, Drugs, and Breastfeeding

Infant Risk Center

www.infantriskcenter.com

LACTMED

www.toxnet.nlm.nih.gov/cgi-bin/sis/htmlgen?LACT

Breast Pumps and Supplies

Apria

425.881.8500

Breast pump rentals for mothers with Group Health or Aetna insurance.

Medela

www.medela.us

Medela’s website has a product finder that searches for rental stations in or near your zip code. The site also offers basic breastfeeding information.

Nurturing Expressions

www.nurturingexpressions.com, 206.763.2733

Nurturing Expressions delivers rental pumps to UW Medical Center. Their staff assists with 3rd-payer billing for many insurance plans and medical coupons.

Village Maternity

www.villagematernity.com , 206.523.5167

At University Village, 10 minutes north of UW Medical Center.

WIC (Women, Infants and Children)

www.doh.wa.gov/YouandYourFamily/WIC.aspx, 800.322.2588

Many WIC offices have breast pump loaner programs for their clients who are returning to work or school, or who have a medical need that requires pumping. Call your local WIC office directly for more information.

Milk Banks

Human Milk Banking Association of North America

www.hmbana.org

Books

The Nursing Mother's Companion 6th edition, by Kathleen Huggins (2010)

The Womanly Art of Breastfeeding 8th edition, LLL International (2010)

The Ultimate Breastfeeding Book of Answers: Revised and Updated, by Jack Newman and Teresa Pitman (2006)

Return to Work

U.S. Department of Labor

www.dol.gov/whd/regs/compliance/whdfs73.pdf

Break time for nursing mothers.

Business Case for Breastfeeding

www.womenshealth.gov/breastfeeding/government-in-action/business-case-for-breastfeeding

Preterm Infants

Websites

Vermont Oxford Network

www.vtoxford.org

Breastfeeding Your Premature Baby Using a Nipple Shield

www.medelabreastfeedingus.com/tips-and-solutions/132/breastfeeding-your-premature-baby-using-a-nipple-shield

Family Village

www.familyvillage.wisc.edu/lib_prem.htm

Parents of Premature Babies (Preemie-L)

www.preemie-l.org

UC San Diego Health System

www.health.ucsd.edu/women/child/newborn/nicu/spin/parents/Pages/default.aspx

Books

Also see the booklist at the Parents of Premature Babies (Preemie-L) website listed above.

Kangaroo Care: The best you can do to help your preterm infant, by Susan M. Ludington-Hoe (1993)

The Preemie Parents' Companion: The essential guide to caring for your premature baby in the hospital, at home, and through the first years, by Susan L. Madden (2000)

Questions?

Your questions are important.

If you have questions about breastfeeding resources, please call Lactation Services at your hospital.