



UW Medicine

母乳哺育的资源

网站及电话号码

本章为您提供了一些机构的网站和电话、在给新生儿喂奶期间、可能会发现这些资讯网对您有帮助。

录像

这些网站提供有关如何将宝宝贴在乳房上、用手挤乳、泵乳、乳房按摩、喂养小宝宝、等等可能会出现的问题的视频。

俄亥俄州东北部的母乳哺育医学 (Breastfeeding Medicine of Northeast Ohio)

含紧乳头和乳房按摩的基础知识：<http://bfmedneo.com>

全球健康媒体 (Global Health Media)

为母乳喂养的母亲及她护理协助人员提供的录像：

www.globalhealthmedia.org/videos/breastfeeding

斯坦福医学 (Stanford Medicine)

有关母乳哺育多方面的录像：

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



护士可以教您母乳喂养的方法、回答有关喂养新生儿的问题。如有任何问题、哺乳专家也可以帮助您。



华大医疗中心 UWMC 获得了联合国儿童基金会和世界卫生组织颁发的“爱婴医院倡议”奖。该奖项是颁发给那些通过遵循“成功母乳喂养十项措施”为母乳喂养家庭提供积极环境的医院。

一般资讯

凯莉妈妈 Kelly Mom

有关母乳喂养和育儿的多方资源: www.kellymom.com

小组、教学及支持服务

山谷医疗中心 Valley Medical Center

可随时造访的母乳喂养和育儿小组: 425.228.3440

西北医院 Northwest Hospital

可随时造访的母乳喂养小组: 206.668.1882

早期父母支持项目 PEPS Program for Early Parent Support

是一个非营利性组织、帮助父母们在开始为人父母的过程中联系和成长。PEPS 是支持家长教育、宣传和创造社区组织的一个项目。

www.peps.org , 206.547.8570

國際母乳會 La Leche League

母亲与母亲之间的互助及教育的联盟:

www.llusa.org or www.lalecheleague.org

877.452.5324 (helpline), 800.525.3243, 206.522.1336 (Seattle)

NAPS (Northwest Association for Postpartum Support) (西北产后支持协会)

导乐服务: www.napsdoulas.com

206.956.1955

药物、毒品及母乳喂养

婴儿风险中心

孕期和哺乳期用药安全研究中心: www.infantrisk.com,

806.352.2519

母乳医学 LACTMED

可能影响母乳和母乳喂养的药物和其他化学物质的事实:

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

泵乳器及配件

請向健保公司查詢如何利用您的健保計劃涵蓋範圍獲得泵乳器及配件。請參閱本手冊中的“抽取乳液及母乳的儲存”一章。

您可在网上或在西北医疗用品供应（Northwest Medical Supply）、养育传达（Nurturing Expressions）及 Village Maternity（见下页）购买泵奶器的用品和配件。

西北医疗用品供应（Northwest Medical Supply）

位于西北医院药房。出租及销售泵乳器及配件。

206.365.2277

养育传达（Nurturing Expressions）

提供将租用的泵乳器送到华大医疗中心蒙特湖院区（UWMC-Montake）的服务。他们的工作人员也帮助为许多保险计划及医疗券开具账单：

www.nurturingexpressions.com

206.763.2733

我们的完美宝宝（Our Perfect Baby）

验证健保对泵乳器的涵盖、帮助您获得泵乳器的处方、并将泵乳器运送到您的家中：

Ourperfectbaby.com

425.563.1209

乡村孕妇（Village Maternity）

大学村购物中心的的一家零售店。在华大医疗中心蒙特湖院区（UWMC-Montake）以北 10 分钟的车程：

www.villagematernity.com

206.523.5167

妇女、婴儿、儿童补助计划 WIC

许多妇女、婴儿、儿童补助计划（WIC）办公室都有为重返工作或学校、或有医疗需求而需要泵乳器的客户、提供泵乳器借用计划。要了解更多信息请上网：

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

800.322.2588

母乳的储存及使用

疾病控制和预防中心 CDC (Centers for Disease Control and Prevention)

如何处理、储存和准备已经抽出的母乳：

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

母乳存库

北美母乳银行协会 (**Human Milk Banking Association of North America**)

www.hmbana.org

西北母乳存库 (**Northwest Mother's Milk Bank**)

www.donatemilk.org

书籍

The Breastfeeding Mother's Guide to Making More Milk
Diana West (2008)

Mother Food, 1st edition
Hilary Jacobson (2004)

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

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

重返工作

华大校区哺乳服务部

<http://hr.uw.edu/worklife/parenting/lactation-stations>

美国劳工局

根据《患者保护和平价医疗法》、法律规定雇主必须给予哺乳期母亲休息时间。

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

您有疑问吗？

我们很重视您的提问。

如您对哺乳的资源有疑问、请联系：

- 华大医疗中心 UWMC 哺乳辅导服务：206.598.4628
- 西北医院 Northwest Hospital 哺乳辅导服务：206.668.2118

现在、请回到本手册的目录并勾选此题材的框框、以便让护士知道您已经阅读了本章。

Breastfeeding Resources

Websites and phone numbers

This chapter provides websites and phone numbers for organizations that you may find helpful as you breastfeed your new baby.

Videos

These websites offer videos about attaching your baby to your breast, hand expression, pumping, breast massage, feeding small babies, problems that can arise, and more.

Breastfeeding Medicine of Northeast Ohio

Basics of latching and breast massage:

<http://bfmedneo.com>

Global Health Media

Videos for breastfeeding mothers and their care partners:

www.globalhealthmedia.org/videos/breastfeeding

Stanford Medicine

Videos on many aspects of breastfeeding:

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

General Information

Kelly Mom

A resource for many aspects of breastfeeding and parenting:

www.kellymom.com



Your nurse can teach you breastfeeding methods and answer your questions about feeding your newborn. Lactation specialists can also help if there are any problems.



UWMC has 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.”

Groups, Classes, and Support Services

Valley Medical Center

Drop-in breastfeeding and parenting group: 425.228.3440

Northwest Hospital

Drop-in breastfeeding group: 206.668.1882

PEPS (Program for Early Parent Support)

A nonprofit organization helping parents connect and grow as they begin their journey into parenthood. PEPS parent support programs educate, inform, and create community:

www.peps.org

206.547.8570

La Leche League

For mother-to-mother support and education:

www.llusa.org or www.lalecheleague.org

877.452.5324 (helpline), 800.525.3243, 206.522.1336 (Seattle)

NAPS (Northwest Association for Postpartum Support)

Doula service: www.napsdoulas.com

206.956.1955

Medicines, Drugs, and Breastfeeding

Infant Risk Center

Research center for medicine safety during pregnancy and breastfeeding: www.infantrisk.com, 806.352.2519

LACTMED

Facts on drugs and other chemicals that might affect your breast milk and breastfeeding: www.toxnet.nlm.nih.gov/cgi-bin/sis/htmlgen?LACT

Breast Pumps and Supplies

Check with your health insurance company to find out how to get a breast pump using your plan’s coverage. See the chapter “Expressing and Storing Breastmilk” in this workbook.

You can buy supplies and parts for breast pumps online or at Northwest Medical Supply, Nurturing Expressions, and Village Maternity (see next page).

Northwest Medical Supply

Rents and sells pumps and equipment. Located in the pharmacy at Northwest Hospital.

206.365.2277

Nurturing Expressions

Delivers rental pumps to UWMC-Montake Campus. Their staff helps with billing for many insurance plans and medical coupons:

www.nurturingexpressions.com

206.763.2733

Our Perfect Baby

Verifies insurance coverage for breast pumps, helps you get a prescription, and ships pumps to your home:

Ourperfectbaby.com

425.563.1209

Village Maternity

A retail store at University Village, 10 minutes north of UWMC-Montake Campus:

www.villagematernity.com

206.523.5167

WIC (Women, Infants and Children)

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. To learn more:

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

800.322.2588

Breast Milk Storage and Use

Centers for Disease Control and Prevention

How to handle, store, and prepare expressed breast milk:

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

Milk Banks

Human Milk Banking Association of North America

www.hmbana.org

Northwest Mother's Milk Bank

www.donatemilk.org

Books

The Breastfeeding Mother's Guide to Making More Milk
Diana West (2008)

Mother Food, 1st edition
Hilary Jacobson (2004)

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

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

Return to Work

Lactation Stations on UW Campus

<http://hr.uw.edu/worklife/parenting/lactation-stations>

U.S. Department of Labor

Facts about the break time employers are legally required to give nursing mothers by the Patient Protection and Affordable Care Act (PPACA):

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

Now, please go back to the Table of Contents in this workbook and check the box so your nurses will know you have read this chapter.

Questions?

Your questions are important.

If you have questions about breastfeeding resources, please call:

- UWMC Lactation Services: 206.598.4628
- Northwest Hospital Lactation Services: 206.668.2118