

## **Breastfeeding Resources**

### *Breastfeeding Your Hospitalized Baby*

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

## **Information and Organizations**

### **Academy of Breastfeeding Medicine**

*www.bfmed.org, 800.990.4226*

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

*https://www.aap.org/breastfeeding*

### **Baby Friendly Hospital Initiative**

*www.babyfriendlyusa.org*

### **Breastfeeding Online**

Jack Newman, M.D.

*www.breastfeedingonline.com/newman.shtml*

### **Centers for Disease Control and Prevention – Breastfeeding**

*www.cdc.gov/breastfeeding*

### **Exclusive Pumping**

*www.exclusivepumping.com*

### **Kelly Mom**

*www.kellymom.com*

### **La Leche League**

*www.llusa.org* or

*www.la lecheleague.org*

877.452.5324 (helpline),

800.525.3243, 206.522.1336 (Seattle)

### **National Institute of Child Health and Human Development**

*www.nichd.nih.gov, 800.370.2943*

### **Lactation Coalition King County**

*www.lactationcoalitionkingcounty.org*



*There are many organizations that can support you as you breastfeed your new baby.*



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.”

### **Stanford School of Medicine: Getting Started with Breastfeeding**

<https://med.stanford.edu/newborns/professional-education/breastfeeding/maximizing-milk-production.html>

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

[www.womenshealth.gov/breastfeeding](http://www.womenshealth.gov/breastfeeding)

### **Within Reach and Breastfeeding Coalition of Washington State**

[www.withinreachwa.org](http://www.withinreachwa.org), 800.322.2588

### **World Health Organization – Breastfeeding**

<https://www.who.int/health-topics/breastfeeding>

## **Groups, Classes, and Support Services**

### **La Leche League**

For Seattle groups, call 206.522.1336

### **NAPS (Northwest Association for Postpartum Support)**

Doula service

[www.napsdoulas.com](http://www.napsdoulas.com), 206.956.1955

### **PEPS (Program for Early Parent Support)**

[www.peps.org](http://www.peps.org), 206.547.8570

## **Medicines, Drugs, and Breastfeeding**

### **Infant Risk Center**

[www.infantrisk.com](http://www.infantrisk.com), 806.352.2519

### **LACTMED**

<https://www.ncbi.nlm.nih.gov/books/NBK501922/>

## **Breast Pumps and Supplies**

### **Apria**

425.881.8500

Breast pump rentals for mothers with Group Health.

### **Medela**

[www.medela.us](http://www.medela.us)

Medela’s website allows you to search for rental stations in or near your zip code. The site also offers basic breastfeeding information.

### **Nurturing Expressions**

[www.nurturingexpressions.com](http://www.nurturingexpressions.com), 206.763.2733

Nurturing Expressions delivers rental pumps to UWMC. Their staff helps with 3rd-payer billing for many insurance plans and medical coupons.

### **Village Maternity**

[www.villagematernity.com](http://www.villagematernity.com), 206.523.5167

At University Village, 10 minutes north of UWMC.

### **WIC (Women, Infants and Children)**

[www.doh.wa.gov/YouandYourFamily/WIC.aspx](http://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](http://www.hmbana.org)

### **Mother's Milk Bank**

<https://mothersmilk.org/get-milk>

### **Northwest Mothers Milk**

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

## **Return to Work**

### **Business Case for Breastfeeding**

[www.womenshealth.gov/breastfeeding/government-in-action/business-case-for-breastfeeding](http://www.womenshealth.gov/breastfeeding/government-in-action/business-case-for-breastfeeding)

### **U.S. Department of Labor**

[www.dol.gov/whd/regs/compliance/whdfs73.pdf](http://www.dol.gov/whd/regs/compliance/whdfs73.pdf)

Break time for nursing mothers.

## **Preterm Infants**

### **Websites**

### **Breastfeeding Your Premature Baby Using a Nipple Shield**

[www.medelabreastfeedingus.com/forprofessionals/tips-and-solutions/132/breastfeeding-your-premature-baby-using-a-nipple-shield](http://www.medelabreastfeedingus.com/forprofessionals/tips-and-solutions/132/breastfeeding-your-premature-baby-using-a-nipple-shield)

### **Vermont Oxford Network**

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

### **UC San Diego Health System**

[www.health.ucsd.edu/specialties/obgyn/maternity/newborn/nicu/spin/parents/Pages/default.aspx](http://www.health.ucsd.edu/specialties/obgyn/maternity/newborn/nicu/spin/parents/Pages/default.aspx)

## Books

- *The Breastfeeding Mother's Guide to Making More Milk*, by Diana West and Lisa Marasco (2009)
- *Kangaroo Care: The best you can do to help your preterm infant*, by Susan M. Ludington-Hoe (1993)
- *The Nursing Mother's Companion*, 6th edition, by Kathleen Huggins (2010)
- *The Premie 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)
- *The Womanly Art of Breastfeeding*, 8th edition, LLL International (2010)

Also see the booklist at the Parents of Premature Babies (Premie-L) website, [www.premie-l.org](http://www.premie-l.org).

### Questions?

Your questions are important. Call your doctor or health care provider if you have questions or concerns.