The Pennsylvania Resource Organization
For Lactation Consultants

2021

Philadelphia Region:
Breastfeeding Resource Directory
Table of Contents

<table>
<thead>
<tr>
<th>Chapter</th>
<th>Page Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Introduction and Statistics</td>
<td>1</td>
</tr>
<tr>
<td>2. WIC Services and Offices</td>
<td>2</td>
</tr>
<tr>
<td>3. Community Breastfeeding Support</td>
<td>4</td>
</tr>
<tr>
<td>4. Virtual Breastfeeding Support</td>
<td>11</td>
</tr>
<tr>
<td>Check here first when looking for classes and groups</td>
<td></td>
</tr>
<tr>
<td>5. Hospital Programs</td>
<td>14</td>
</tr>
<tr>
<td>6. Community Lactation Consultant/Counselor Service</td>
<td>17</td>
</tr>
<tr>
<td>7. Related Practitioners/Complementary Therapies</td>
<td>27</td>
</tr>
<tr>
<td>8. Medical Practices with lactation support staff/or that offer</td>
<td>31</td>
</tr>
<tr>
<td>offer Breastfeeding Medicine</td>
<td></td>
</tr>
<tr>
<td>9. Business Case for Breastfeeding Assistance</td>
<td>32</td>
</tr>
<tr>
<td>10. Breastfeeding Classes</td>
<td>33</td>
</tr>
<tr>
<td>11. Pumps and Breastfeeding Equipment</td>
<td>36</td>
</tr>
<tr>
<td>12. Scale Rental and Related Information</td>
<td>37</td>
</tr>
<tr>
<td>13. Durable Medical Equipment Companies</td>
<td>38</td>
</tr>
<tr>
<td>14. Common Questions about Clinical Situations</td>
<td>39</td>
</tr>
<tr>
<td>15. Apps for Breastfeeding and for Pumping</td>
<td>46</td>
</tr>
<tr>
<td>16. Selected Websites for Breastfeeding &amp; Related Resources</td>
<td>47</td>
</tr>
<tr>
<td>Adoptive Breastfeeding</td>
<td>47</td>
</tr>
<tr>
<td>Advocacy and Political Action</td>
<td>47</td>
</tr>
<tr>
<td>BabyFriendly Hospital Initiative Resources</td>
<td>47</td>
</tr>
<tr>
<td>Billing Codes</td>
<td>47</td>
</tr>
<tr>
<td>Black, Brown and Indigenous People of Color</td>
<td>47</td>
</tr>
<tr>
<td>Blogs</td>
<td>48</td>
</tr>
<tr>
<td>Books, AV materials, videos, brochures for sale</td>
<td>48</td>
</tr>
<tr>
<td>Breastfeeding/Lactation Organizations</td>
<td>48</td>
</tr>
<tr>
<td>Breastfeeding Help Sites (for Mothers and for Providers)</td>
<td>49</td>
</tr>
</tbody>
</table>
Childbirth and Doula Organizations 49
Children’s Advocacy Program 50
Child Care/Early Childhood Education Programs 50
Children with Special Health Care Needs 50
Child Welfare 51
Chronic Conditions in the Mother 51
College Education in Lactation 51
Competition 52
Economics and Finances 52
Education in Breastfeeding and Lactation (for Physicians) 52
Employed outside the home and breastfeeding 52
Facebook Groups 52
Fathers 53
Foreign Language Materials (free) 53
FREE Handouts and Photographs 53
Formula 54
Human Milk: Handling and Storage 54
International Organizations 54
Large-sized nursing bras 55
Laws and Legal Issues 55
LGBTQIA+ 56
Locations to breastfeed or pump in Philadelphia and beyond 56
Medical Organizations 56
Medical Staff Training 56
National Organizations 57
Online Sites that Award CEUs, CERPs and CMEs 57
Philadelphia/Pennsylvania Organizations 58
Podcasts about breastfeeding 58
Postpartum Depression/Mood Adjustment Disorder 58
Premature Infants 59
Pumping 59
Research Publications and Sites 59
Sleep 59
Streaming Videos for Teaching 60
TED Talks about Breastfeeding 60
Transportation for those who need assistance to get to medical appointments 61
Webinars 61
Workplace Breastfeeding Information 61

17. Sources of Donor Human Milk 63

18. Drugs in Lactation Information 64
Chapter 1 – Introduction and Statistics

Send corrections to: 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 Sobolewski CLC and Georgette Bartell, IBCLC.

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

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

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)

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

<table>
<thead>
<tr>
<th></th>
<th>2013</th>
<th>2015</th>
<th>2018</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pennsylvania mPINC score</td>
<td>74</td>
<td>76</td>
<td>*78</td>
</tr>
<tr>
<td>Philadelphia mPINC score</td>
<td>76</td>
<td>78</td>
<td>*87</td>
</tr>
</tbody>
</table>
Chapter 2 - WIC Services and Offices

**WIC = Women, Infants & Children Program**

- [http://www.northwic.org](http://www.northwic.org)
- Main office: (215) 978-6100

- [http://www.facebook.com/PhiladelphiaWICProgram](http://www.facebook.com/PhiladelphiaWICProgram)
- [https://twitter.com/PhiladelphiaWIC](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 1st 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

Pennsylvania WIC, State Breastfeeding Coordinator:

Tiffany R. Myers, MS, RD, LDN, CLC
tiffanyer@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

The Pennsylvania Resource Organization for Lactation Consultants | [www.prolc.org](http://www.prolc.org)
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

<table>
<thead>
<tr>
<th>Office</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aramingo</td>
<td>2401 E. Tioga Avenue A-4</td>
<td>(215) 533-9597, 9598</td>
</tr>
<tr>
<td>Germantown</td>
<td>301 East Chelten Avenue, Suite 102</td>
<td>(215) 248-1500, 1501</td>
</tr>
<tr>
<td>Lehigh</td>
<td>217-233 West Lehigh Ave.</td>
<td>215-634-3828</td>
</tr>
<tr>
<td>Mobile WIC Office</td>
<td>1300 West Lehigh Ave., Suite 104</td>
<td>Temporarily Closed due to COVID</td>
</tr>
<tr>
<td>North Philadelphia WIC Office</td>
<td>1300 West Lehigh Ave., Suite 104</td>
<td>(215) 229-3786, 4034</td>
</tr>
<tr>
<td>Northeast</td>
<td>7959 Bustleton Avenue</td>
<td>(215) 745-7251, 7252</td>
</tr>
<tr>
<td>Olney/Logan</td>
<td>5751 N. Broad Street</td>
<td>(215) 927-1950, 7165</td>
</tr>
<tr>
<td>Overbrook</td>
<td>Overbrook Plaza store #1400</td>
<td>5610 Lancaster Avenue #1400</td>
</tr>
<tr>
<td></td>
<td>Philadelphia, PA 19131</td>
<td>(215) 477-3360, 3364</td>
</tr>
<tr>
<td>St. Chris WIC Office</td>
<td>160 East Erie Avenue</td>
<td>(215)-427-6973</td>
</tr>
<tr>
<td>South Philadelphia</td>
<td>1165 S. Broad Street</td>
<td>1115463-5571, 5579</td>
</tr>
<tr>
<td>Woodland</td>
<td>1739 S. 54th Street</td>
<td>(215) 726-1142, 1143</td>
</tr>
</tbody>
</table>

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)**
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  Marilynn Boone
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
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
(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, 3rd floor, Centering Room

**Advocate Society Hill Pediatrics**
1st and 3rd 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 52nd Street, Philadelphia 19139
Contacts: Dr. Meg Kawan  kawanmb@email.chop.edu
                Jabina Coleman MSW, IBCLC  Jabina.Coleman@gmail.com

LLL of Philadelphia
Assunta (Sue) Grobels
(215) 805-9461  suegrobels@gmail.com
https://www.facebook.com/groups/lalechephilly/about/

LLL of Eastern PA  http://www.lllofeasternpa.org
Philadelphia area Helpline: 610-666-0399  lllofphilly@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, 1st 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
2nd and 4th Monday evenings of the month, 6-7 pm  Contact Jessica at clymerj@email.chop.edu
4865 Market Street

Kith+ Kin
(215) 645-2196  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.9th Street, Space 519)

Mama’s Wellness Joint
(267) 519-9037  info@mamaswellnessjoint.com
http://www.mamaswellnessjoint.com/schedule/  (Thursday)

Minnow Lane
(215) 291-1875  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 3rd 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, 3rd Floor  
Philadelphia, PA 19144  
Stephanie Brown CLC    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@notrwic.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. Credentialled lactation counselors provide free, private, one-on-one support at the health centers below.

FREE Pacify Aoo 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.**

<table>
<thead>
<tr>
<th>Health Center 2</th>
<th>Health Center 9</th>
</tr>
</thead>
</table>
| 1700 South Broad Street, Unit 201  
Remote coverage Monday-Friday  
Galissa Jones, CLC | 131 East Chelten Avenue  
Remote coverage all week  
Galissa Jones, CLC |

<table>
<thead>
<tr>
<th>Health Center 3</th>
<th>Health Center 10</th>
</tr>
</thead>
</table>
| 555 S. 43rd Street  
Remote coverage Monday-Friday  
Galissa Jones, CLC | 2230 Cottman Avenue  
**In-person:** Wednesday mornings; Thursday afternoons  
Remotely: Monday, Tuesday, Thursday, Friday  
Ana Tapia, CBC (English and Spanish) |

<table>
<thead>
<tr>
<th>Health Center 4</th>
<th>Strawberry Mansion Health Center</th>
</tr>
</thead>
</table>
| 4400 Haverford Avenue  
Remote coverage Monday-Friday  
Galissa Jones, CLC | 2840 Dauphin Street  
Remote coverage Monday-Friday  
Galissa Jones, CLC |

<table>
<thead>
<tr>
<th>Health Center 5</th>
<th>Congreso</th>
</tr>
</thead>
</table>
| 1900 North 20th Street  
Remote coverage Monday-Friday  
Galissa Jones, CLC | 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) |

| Health Center 6 |  
**In-person:** All day Tuesday  
Ana Tapia, CBC (English and Spanish) |

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.qvh.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

**St. Mary’s Medical Center**
Every Tuesday 12:30-2
Parenting Resource Center
Free, no registration needed

---

**Chester County**

**Chester County LLL**
LEADERS: Shelly (484) 604-0880 kierkar@alumni.psu.edu
Kristina (610)-321-0419 kristina@pasqualefamily.com
Jill (484) 999-0848 jilmowry@gmail.com
Kara karaLLLLC@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

---

**Chester Springs**
Groups meet at Paoli hospital and Hankin Library
(484) 565-8075  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**
Marilynne Boone: (610) 584-4013
http://www.northpennnursingmothers.org/
https://www.facebook.com/NorthPennNursingMothers/
Nursing Mothers’ Alliance:  
(610) 251-9405  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  
1st Saturday at 1 pm  
3rd Monday at 11 am  

Phoenixville Hospital  
Groups meet every 2nd Wednesday of the month 6:30 to 8:30 pm  
Medical Office Building 3rd 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  
Call our Warmline: at (610) 251-9405  
Email: nursingmothersalliance@yahoo.com  
Weekly group meetings in Collegeville and King of Prussia

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  
The Rothman Institute Building 2nd 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, or at 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  
3rd Thursday at 10 am  
327 N. Middletown Road, Media, PA 19063  
610-892-9787  Barbara Crozier bcrozet@hotmail.com  
610-357-5376 Stephanie Leonetti Cedrone.stephanie@gmail.com  
Facebook on-line meeting 1st 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

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
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

Lankenau Medical Center
(484) 565-8075
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.lllofeasternpa.org/web/MontgomeryCentralPA.html
(610) 287-8190  Ginny  ginnywilkinson00@gmail.com
(215) 380-0861  Leah  leahjoypro@yahoo.com
(215)-873-6248  Elizabeth Bradley  lizbradley.eb@gmail.com

Montgomery County East LLL
lllmontcoeast@gmail.com
https://www.facebook.com/groups/189408902698/
(215) 886-1693  Mary Ann Albert, Oreland  bomaph1@comcast.net
(215)-771-1193  MyLisa Shipanga  mylisamk@gmail.com
(267) 342-0329  Andy Mehrotra  dandyhome@comcast.net
(617) 650-4436  Theresa
10- 11:30 am meetings every 1st Wednesday of the month
Weaver’s Way Co-op, 217 E. Butler Avenue, Ambler
Evening meetings every 3rd Monday 7 pm at private homes

North Penn Nursing Mothers of Harleysville and Lansdale
http://www.northpennnursingmothers.org/
Call Marilynn 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
(610) 251-9405  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
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

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/LLLIBreastfeedingSupport/

See FACEBOOK Section in Website Chapter

For Physicians:  www.drmilk.org
Chapter 4 - Virtual Breastfeeding Support
(Classes, Consultations and Groups)

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
  Natasha.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: Natasha.conner@drexel.edu

Hospital of the University of Pennsylvania
  Virtual support group every Thursday 12 noon to 1 pm. 1pm.
  Register for FREE virtual Breastfeeding Classes: 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
  Free home-based or virtual/telephone breastfeeding education and support)

Michelle Sutton, CLC
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
  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**
@latchcafephilly (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  
Text: (267) 474-3752

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

Breastfeeding Support Referral form:  
https://redcap.phila.gov/surveys/?s=4KX3EL8KW

**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  
QUESTIONS: Contact Megan Kelly ParentEducation@Jefferson.edu

**Bucks County:**

**Doylestown Hospital**

FREE virtual classes including prenatal breastfeeding!  
Registration is via the hospital website.  

FREE weekly Breastfeeding Mothers’ Group” every Thursday 10-11am via Zoom.  
email jkrauss3@dh.org for the Zoom link.

**Grandview Hospital**

FREE virtual support group  
2nd Friday each month.  
4th Thursday each month 6:30-7:30 pm  
FREE Webinar "Breastfeeding ABCs"  
Register: GVH.org/classes
Chester County:

Penn Medicine Chester County Hospital
FREE virtual breastfeeding support group
1st Saturday of the month 9am -10am
3rd Monday of the month 11am – 12pm
Register: CALL (610) 738-2300

Breastfeeding Class ($) 30.
Register: https://www.chestercountyhospital.org/community-wellness-and-education/education/education-classes-and-materials/childbirth-education/understanding-breastfeeding-eClass

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

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.

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

Pettaway Pursuit Foundation
https://pettawaypursuitfoundation.org/
Virtual classes and on-site certified lactation counselor (CLC)

Montgomery County:

Breastfeeding Resource Center
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

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

(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.

(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
Bucks County

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

(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

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

(484) 526-2248
Cathy Waltemyer
Cathy.Waltemyer@sluhn.org
St. Luke’s Bethlehem
801 Ostrum Street
Bethlehem, PA 18015

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

(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

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

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

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

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

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](http://www.talpp.org)

Find a local International Board-Certified Lactation Consultant: [https://pro-lc.org/find-an-lc/](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)

**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

Michelle Sutton, CLC
MSutton@maternitycarecoalition.org
3401 1st 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
Call or text: (267) 474-3752

Ana Tapia CBC
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
(484) 854-3804
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.

<table>
<thead>
<tr>
<th>LOCATION</th>
<th>NAME</th>
<th>AREA COVERED (for home visits)</th>
<th>CONTACT INFO</th>
<th>OFFICE OR HOME VISITS</th>
<th>OTHER SERVICES</th>
</tr>
</thead>
</table>
| 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            | • Aetna provider  
• Independence Blue Cross provider  
• Postpartum doula |
| Berks County           | Vicky Sullivan, IBCLC         | Berks and surrounding counties | Phone: 917 742 2659 vicksullivanlclc@gmail.com https://www.facebook.com/Victoria-Sullivan-IBCLC-Lactation-Consultant-1541729032795176/ | Home Visits Virtual/Telehealth | • Independence Blue Cross Provider  
Aetna Provider |
| 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 | 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. | • Accepts most health insurance  
• Breastfeeding classes  
• Family and women’s health services |
| Bucks County           | Margiotti & Kroll Pediatrics  | Bucks County                  | 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 | • Aetna Provider  
• Independence Blue Cross Provider |
| Bucks County           | Katie Freedman MPA, RRT-SDS-IBCLC | Upper Bucks, Montgomery County | Phone: 267-249-1640 Website: www.Kfreedmanlactation.com                      | Home Visits            | • Aetna provider  
• Independence Blue Cross provider |
| Bucks County           | Melissa Donohue, IBCLC        | Bucks County                  | Phone: 610-400-9566 Website: MelissaDonohuelactation.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            | • Private Breastfeeding and returning to work Classes  
• Phone Consults  
• Aetna Provider  
• Independence Blue Cross provider |
| Bucks County/Doylestown | Best for Babies Jean Krauss, RN, BSN, IBCLC | Doylestown, Upper Bucks | Phone: Jean Kraus 215-837-6664 jeanibclc@yahoo.com Cindy Jarret 215-534-3439 cjjarret@hotmail.com | Home Visits            |                                                                                  |
| Bucks County/Fairless Hills | Kristen Kratz Lactation Care, LLC | Bucks,Philadelphia, Central New Jersey | Phone: 267-980-5679 kristen@kristenkratzlactationcare.com  | Home Visits            | *Aetna provider  
*Independence Blue Cross provider  
*Amerihealth provider |
<p>| Bucks County/Morrisville | Ellen Winkle, MSN, RNC-OB, IBCLC, C-EMF | 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          |                                                                                  |</p>
<table>
<thead>
<tr>
<th>County/Location</th>
<th>Provider Name</th>
<th>Contact Information</th>
<th>Services</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bucks County/Quakertown</td>
<td>Kerry Ann Beal, IBCLC</td>
<td>Bucks County</td>
<td>Phone: 215-436-7777 Email: <a href="mailto:kerryann.meyer@gmail.com">kerryann.meyer@gmail.com</a></td>
</tr>
<tr>
<td>Bucks County/Warminster</td>
<td>Vera Khvedelidze, IBCLC</td>
<td>Bucks County: Doylestown, Newtown, Northampton, Southampton, Warminster, Warwick. Montgomery County: Abington, Hatboro, Horsham, Lower Moreland. Philadelphia County: Northeast Philadelphia</td>
<td>Phone: 267 318 5115 Fax: 267 536 5038 Email: <a href="mailto:verakhvedelidze@gmail.com">verakhvedelidze@gmail.com</a> Website: <a href="http://www.aiiaconsult.com">www.aiiaconsult.com</a> Facebook: @verakhvedelidzeibclc</td>
</tr>
<tr>
<td>Bucks County/Yardley</td>
<td>Lucky Baby Lactation Services</td>
<td>In PA: Newtown office and Lower Bucks County and In NJ: Mercer, Burlington, Ocean and Monmouth counties</td>
<td>Michelle Phone: Michelle Ariante: 732-977-6444 Email: <a href="mailto:Michelle@LuckyBabyLactation.com">Michelle@LuckyBabyLactation.com</a> Laura Phone: (732) 439-7972 Email: <a href="mailto:Laura@luckybabylactation.com">Laura@luckybabylactation.com</a></td>
</tr>
<tr>
<td>Bucks County/Yardley</td>
<td>BabyCentric Concepts, LLC</td>
<td>Bucks, Philadelphia &amp; Camden Counties</td>
<td>Email: <a href="mailto:info@babycentricconcepts.com">info@babycentricconcepts.com</a> Website: <a href="http://www.babycentricconcepts.com">www.babycentricconcepts.com</a> Facebook: <a href="https://Facebook.com/BabyCentricConcepts.com">https://Facebook.com/BabyCentricConcepts.com</a></td>
</tr>
<tr>
<td>Burlington County</td>
<td>Brook Cook, IBCLC</td>
<td>Philadelphia, Burlington County, Camden County</td>
<td>Email: <a href="mailto:brook@all4trimesters.com">brook@all4trimesters.com</a></td>
</tr>
<tr>
<td>Camden County</td>
<td>Via Lactea, LLC</td>
<td>Camden, Burlington and Gloucester Counties</td>
<td>Phone: 856-248 0205 email: <a href="mailto:kara@vialacteanj.com">kara@vialacteanj.com</a> website: <a href="http://www.vialacteanj.com">www.vialacteanj.com</a></td>
</tr>
<tr>
<td>Camden County</td>
<td>South Jersey Breastfeeding@The Village</td>
<td>All South Jersey and Philadelphia</td>
<td>Email: <a href="mailto:info@thevillagesj.com">info@thevillagesj.com</a></td>
</tr>
<tr>
<td>Camden County/Cherry Hill</td>
<td>Milestones Birth &amp; Beyond, LLC</td>
<td>All South Jersey and Philadelphia</td>
<td>Phone: (856)236-8822 Email: <a href="mailto:Veronica@milestonesbirth.com">Veronica@milestonesbirth.com</a> Website: <a href="http://www.milestonesbirth.com">www.milestonesbirth.com</a></td>
</tr>
<tr>
<td>Camden County/Collingswood</td>
<td>Jill Albright, BSN, RNC-OB, IBCLC, CCE</td>
<td></td>
<td>Phone: 215-808-6142</td>
</tr>
<tr>
<td>Camden County/Collingswood</td>
<td>Laura Marozzi, IBCLC</td>
<td>South Jersey</td>
<td>Email: <a href="mailto:laura@nourishedlactation.com">laura@nourishedlactation.com</a> <a href="https://www.thevillagesj.com/">https://www.thevillagesj.com/</a></td>
</tr>
<tr>
<td>Location</td>
<td>Provider Details</td>
<td>Location Details</td>
<td>Contact Details</td>
</tr>
<tr>
<td>--------------------------------</td>
<td>----------------------------------------------------------------------------------</td>
<td>----------------------------------------------------------------------------------</td>
<td>--------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Camden County/Collingswood</td>
<td>South Jersey Breastfeeding @ The Village, Dana L. Ehman, BA, IBCLC, RLC</td>
<td>Collingswood, NJ, Camden County</td>
<td>Email: <a href="mailto:thevillagesj@gmail.com">thevillagesj@gmail.com</a></td>
</tr>
<tr>
<td>Chester County</td>
<td>MotherBorn, Dana L. Ehman, BA, IBCLC, RLC</td>
<td>Chester &amp; parts of Delaware County</td>
<td>Phone: 610-299-1038 Email: <a href="mailto:dana@motherborn.com">dana@motherborn.com</a> Website: <a href="http://www.MotherBorn.com">www.MotherBorn.com</a></td>
</tr>
<tr>
<td>Chester County/Philadelphia</td>
<td>Kristin Burns, BA, IBCLC</td>
<td>Chester &amp; Montgomery Counties</td>
<td>Phone: 267.664.8648 Email: <a href="mailto:Kristin@bothbettertogether.com">Kristin@bothbettertogether.com</a> Website: <a href="http://www.Bothbettertogether.com">www.Bothbettertogether.com</a></td>
</tr>
<tr>
<td>Chester County/Pottstown</td>
<td>Janet Graczyk, BS, IBCLC</td>
<td>Chester, Berks &amp; Montgomery Counties</td>
<td>Cell: 484-808-7694 Email: <a href="mailto:janetibclc@gmail.com">janetibclc@gmail.com</a> Website: <a href="http://www.janetgraczyk.com">www.janetgraczyk.com</a></td>
</tr>
<tr>
<td>Chester County/Pottstown</td>
<td>Mother 2 Mother Matters, Angela Quinn BS, IBCLC</td>
<td>Northern Chester County, Western Montgomery County, Eastern Berks County, southern Lehigh County</td>
<td>Phone: 484-857-2229 Email: <a href="http://www.Mother2MotherMatters.com">www.Mother2MotherMatters.com</a> Website: <a href="http://www.growingplacepa.com">www.growingplacepa.com</a></td>
</tr>
<tr>
<td>Chester County/Pottstown</td>
<td>Jillian Nemeth, BA, IBCLC</td>
<td>Chester, Berks &amp; Montgomery Counties</td>
<td>Cell: 215-528-8759 Email: <a href="mailto:jillian_nemeth@yahoo.com">jillian_nemeth@yahoo.com</a> Website: <a href="http://www.jnlactationconsulting.com">www.jnlactationconsulting.com</a> Jillian Nemeth Lactation Consulting Pottstown PA</td>
</tr>
<tr>
<td>Chester County/West Chester</td>
<td>Grow Strong Lactation Consulting, Angela Leonard, BA, IBCLC, RLC</td>
<td>Chester County</td>
<td>Phone: 732-610-9196 Email: <a href="mailto:jstrong@growstronglactation.com">jstrong@growstronglactation.com</a></td>
</tr>
<tr>
<td>Chester County/West Chester</td>
<td>Amy Hnetinka, BSN, RN, IBCLC</td>
<td>Chester County, the Main Line and Northern Delaware Counties</td>
<td>Phone: 484-999-7729 Email: <a href="mailto:amyhbreastfeedinghelp@gmail.com">amyhbreastfeedinghelp@gmail.com</a> Website: <a href="http://www.amyhbreastfeedinghelp.com">www.amyhbreastfeedinghelp.com</a></td>
</tr>
<tr>
<td>Chester County/West Chester</td>
<td>Angela Leonard, BA, IBCLC, RLC</td>
<td>Chester &amp; Delaware counties, New Castle County, DE</td>
<td>Phone: 610-299-8290 Email: <a href="mailto:angelibclc@comcast.net">angelibclc@comcast.net</a></td>
</tr>
<tr>
<td>Chester County/West Chester</td>
<td>Stephanie Leonetti, BS, IBCLC</td>
<td>Chester &amp; Delaware Counties</td>
<td>Phone: 6103575376 Email: <a href="mailto:stephanie@simplynursingllc.com">stephanie@simplynursingllc.com</a></td>
</tr>
<tr>
<td>Delaware County</td>
<td>Christine Sweeney, BSN, IBCLC</td>
<td>Delaware County, Main Line</td>
<td>Phone: 610-996-1543 <a href="mailto:lactationaide@yahoo.com">lactationaide@yahoo.com</a></td>
</tr>
<tr>
<td>Delaware County</td>
<td>Brooke Knows Breast, LLC, Brooke Azevedo, BS, IBCLC</td>
<td>Delaware and Philadelphia Counties</td>
<td>Phone: 805 709 1133 Email: <a href="mailto:brookeknowsbreast@gmail.com">brookeknowsbreast@gmail.com</a> Website: <a href="http://www.brookeknowsbreast.com">www.brookeknowsbreast.com</a></td>
</tr>
<tr>
<td>Delaware County</td>
<td>Linda Derbyshire, BS, IBCLC</td>
<td>Center City, Main Line, Delaware County, Philadelphia</td>
<td>Phone: 610-316-9157 Email: <a href="mailto:lindaderbyshire@gmail.com">lindaderbyshire@gmail.com</a> Website: <a href="http://www.centercitypediatrics.com">www.centercitypediatrics.com</a></td>
</tr>
<tr>
<td>Delaware County</td>
<td>Jennifer Gowdy, IBCLC</td>
<td>Main Line, Delaware County suburbs</td>
<td>Phone: 610-719-7474</td>
</tr>
<tr>
<td>Delaware County</td>
<td>Main Line Nutrition Services Gordana Chelsvig, MA, RD, IBCLC, CBCST</td>
<td>Narberth, Baia Cynwyd, Ardmore, Bryn Mawr, Rosemont, Devon, Manayunk, West Philadelphia, Roxborough</td>
<td>Phone: 610-667-1588</td>
</tr>
<tr>
<td>Delaware County/Bryn Mawr</td>
<td>Lifecycle WomanCare and The Birth Center Patty Siegrist, RN, IBCLC Amy Siegrist, IBCLC Cara Puff, IBCLC Elizabeth Larkin, IBCLC</td>
<td>Phone: 610 525 6086 Email: <a href="mailto:info@lifecyclenowmancare.org">info@lifecyclenowmancare.org</a> Website: <a href="http://www.lifecyclenowmancare.org">www.lifecyclenowmancare.org</a></td>
<td>Office Visits 918 County Line Road Bryn Mawr 19010</td>
</tr>
<tr>
<td>Delaware County/Main Line</td>
<td>Lisa Mandell, MBA, IBCLC</td>
<td>Home Visits in Villanova &amp; Virtual/Telehealth</td>
<td>• Phone consultations • Weekly support group • Aetna provider • Independence Blue Cross provider</td>
</tr>
<tr>
<td>Delaware County/Main Line</td>
<td>Mary Therese Smith</td>
<td>Media, Springfield, Aston, Brookhaven, Wallingford, Swarthmore, Marple Newtown and surrounding areas</td>
<td>Phone: 610-368-7258 Email: <a href="mailto:Maryt.smith04@yahoo.com">Maryt.smith04@yahoo.com</a></td>
</tr>
<tr>
<td>Delaware County/Paoli</td>
<td>Molly Zangrilli, IBCLC</td>
<td>Chester, Delaware, Montgomery, Bucks</td>
<td>Phone: 215-205-2210 Email: <a href="mailto:molly@mollyzLC.com">molly@mollyzLC.com</a> Website: <a href="http://www.mollyzLC.com">www.mollyzLC.com</a></td>
</tr>
<tr>
<td>Delaware County/Spirefield</td>
<td>Tana Kirkpatrick</td>
<td>Delaware County</td>
<td>Phone: 610-639-3648</td>
</tr>
<tr>
<td>Delaware County/Wayne</td>
<td>Kaitlyn Zoellick BSN, RNC-OB, IBCLC</td>
<td>Delaware County</td>
<td>Website: <a href="http://www.latchedpa.com">www.latchedpa.com</a> Email: <a href="mailto:kz@latchedpa.com">kz@latchedpa.com</a> Phone: 484-588-5453</td>
</tr>
<tr>
<td>Delaware County/Wayne</td>
<td>Breastfeeding Resource Center Collette Acker, IBCLC Caytlyn Weiland, IBCLC</td>
<td>Phone: 484-582-6682 Website: <a href="http://www.BRC4Babies.com">www.BRC4Babies.com</a></td>
<td>Office Visits 987 Old Eagle School Rd. Wayne, PA</td>
</tr>
<tr>
<td>Gloucester County/Sewell</td>
<td>Peggy Koen, MSN, RN, IBCLC</td>
<td>Email: <a href="mailto:Info@SolutionsForBreastfeeding.com">Info@SolutionsForBreastfeeding.com</a></td>
<td>Office Visits 11 Jupiter Dr. Sewell, NJ 08080</td>
</tr>
<tr>
<td>County/Township</td>
<td>Location</td>
<td>Contact Person(s)</td>
<td>Phone/Email/Website/Instagram</td>
</tr>
<tr>
<td>-------------------------------</td>
<td>---------------------------------</td>
<td>---------------------------------------</td>
<td>----------------------------------------</td>
</tr>
<tr>
<td>Gloucester County/Washington Township</td>
<td>Southern NJ</td>
<td>Brooke Schatzman, BS, IBCLC</td>
<td>Email: <a href="mailto:BrookeIBCLC@gmail.com">BrookeIBCLC@gmail.com</a></td>
</tr>
<tr>
<td>Lancaster County</td>
<td>Lancaster</td>
<td>Babyfusion, Bethany P. Landgraff, BSN, RNC-MNN, IBCLC</td>
<td>Phone: 717-471-2019 Email: <a href="mailto:bethany@Babyfusion.org">bethany@Babyfusion.org</a></td>
</tr>
<tr>
<td>Lancaster County</td>
<td>Lancaster and Chester Counties</td>
<td>Jessica Wimer, BSN, RN, IBCLC</td>
<td>Phone: 717-344-6496 Email: <a href="mailto:jwimer@bornandfed.com">jwimer@bornandfed.com</a> Website: <a href="http://www.bornandfed.com">www.bornandfed.com</a> Instagram: <a href="https://www.instagram.com/bornandfed/">https://www.instagram.com/bornandfed/</a></td>
</tr>
<tr>
<td>Lancaster County/Denver</td>
<td>Northeastern Lancaster County, Southeastern Berks, Western Chester County</td>
<td>Cayti Weiland, IBCLC</td>
<td>Phone: 717-874-1260</td>
</tr>
<tr>
<td>Lehigh County</td>
<td>Souderton, Ottsville, Montgomery, Bucks, Upper Bucks, Doylestown, Lehigh Valley</td>
<td>Blossom Baby Lehigh Valley Lactation Services Amy E. Nansteel, MA, IBCLC, RLC</td>
<td>Phone: 610-737-9851 Email: <a href="mailto:amy@lehightvalleylactation.com">amy@lehightvalleylactation.com</a> Website: <a href="http://www.Lehightvalleylactation.com">www.Lehightvalleylactation.com</a></td>
</tr>
<tr>
<td>Lehigh County/Bethlehem</td>
<td>Bethlehem, PA</td>
<td>Christy Hume</td>
<td>Phone: 484-894-1622</td>
</tr>
<tr>
<td>Montgomery County</td>
<td>Montgomery &amp; Philadelphia Counties</td>
<td>Karen Meade, RN, IBCLC, LCCE, CPST 25-mile radius of 19473 (Schwenksville) and 19462 (Plymouth Meeting) zip codes</td>
<td>Phone: 610-716-7428 Email: <a href="mailto:kmeade70@gmail.com">kmeade70@gmail.com</a></td>
</tr>
<tr>
<td>Montgomery County</td>
<td>Montgomery &amp; Philadelphia Counties</td>
<td>Liz Brooks, JD, IBCLC, FILCA</td>
<td>Phone: 215-836-9088 Email: <a href="mailto:liz.brooks@yahoo.com">liz.brooks@yahoo.com</a></td>
</tr>
<tr>
<td>Montgomery County &amp; Philadelphia</td>
<td>Montgomery County and Center City Philadelphia</td>
<td>Dominique Pacitti, MA, RDN, LDN, IBCLC</td>
<td>Montgomery County and Center City Philadelphia</td>
</tr>
<tr>
<td>Montgomery County/Abington</td>
<td>Abington</td>
<td>Breastfeeding Resource Center Colette Acker, IBCLC Louisa Brandenburger, IBCLC Jennifer McClure, IBCLC Milli Schaeffer, IBCLC</td>
<td>Phone: 215-886-2433 Website: <a href="http://www.BRC4Babies.com">www.BRC4Babies.com</a></td>
</tr>
<tr>
<td>Montgomery County/Abington</td>
<td>Abington</td>
<td>Abington-Jefferson Health Christine Ilk, RN, IBCLC</td>
<td>Phone: 215-481-6106</td>
</tr>
<tr>
<td>County/Area</td>
<td>Name</td>
<td>Contact Details</td>
<td>Services</td>
</tr>
<tr>
<td>-----------------------------------</td>
<td>-----------------------</td>
<td>------------------------------------------------------</td>
<td>--------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Montgomery County/Abington, Glenside</td>
<td>Andrea Bulera, Judge, MPH, IBCLC</td>
<td>Eastern Montgomery County, Central Bucks County, North/Northeast/ NorthWest Philadelphia, Phone: 215 266 1076</td>
<td>Home Visits</td>
</tr>
<tr>
<td>Montgomery County/Ambler</td>
<td>Colleen Elwood, RN, IBCLC</td>
<td>Montco/Ambler, Blue Bell, Upper Dublin, Wissahickon area, Phone: 216 620 3597</td>
<td>Home Visits</td>
</tr>
<tr>
<td>Montgomery County/Ambler</td>
<td>Autumn (Toni) Rosendo (Rose), CLC</td>
<td>Within 1 hour of my home, Phone: 267-784-1384, Email: <a href="mailto:Doulatonirose@gmail.com">Doulatonirose@gmail.com</a></td>
<td>Home Visits</td>
</tr>
<tr>
<td>Montgomery County/Ambler</td>
<td>Aleesha Burke, BS, IBCLC</td>
<td>Ambler, Glenside, Dresher, Horsham, Abington and within 30 minutes of these areas, Phone: 202 991 7284, Email: <a href="mailto:lactation@aleeshaburkeibclc.com">lactation@aleeshaburkeibclc.com</a>, Website: <a href="http://www.aleeshaburkelactation.com">www.aleeshaburkelactation.com</a></td>
<td>Home Visits</td>
</tr>
<tr>
<td>Montgomery County/Collegeville</td>
<td>Linda Muller, RN, BSN, IBCLC</td>
<td>Western Montgomery County and Main Line, Phone: 610 733 5966, Email: <a href="mailto:Linda.K.Muller@gmail.com">Linda.K.Muller@gmail.com</a></td>
<td>Home Visits</td>
</tr>
<tr>
<td>Montgomery County/Elkins Park</td>
<td>Nikki Lee RN, MS, IBCLC</td>
<td>Philadelphia, Eastern Montgomery County, Lower Bucks County, Email: nlee@<a href="mailto:nikeguitar@aol.com">nikeguitar@aol.com</a> Phone (text only): 215-888-0013, Website: <a href="http://www.nikkileehealth.com">www.nikkileehealth.com</a>, Twitter: @nikkileehealth, Facebook: <a href="http://www.facebook.com/nikkileehealth">www.facebook.com/nikkileehealth</a></td>
<td>Virtual/Telehealth</td>
</tr>
<tr>
<td>Montgomery County/King of Prussia</td>
<td>Amy Siegrist, BS, IBCLC</td>
<td>10-mile radius from King of Prussia, Phone: 484-919-1027, Email: <a href="mailto:amyibclc@gmail.com">amyibclc@gmail.com</a>, Website: <a href="http://www.breastfeedingbond.com">www.breastfeedingbond.com</a></td>
<td>Home Visits</td>
</tr>
<tr>
<td>Montgomery County/Lansdale</td>
<td>Rachel Hurley, IBCLC</td>
<td>Montgomery, Bucks and Chester Counties, Email: <a href="mailto:rachel@rhlactation.com">rachel@rhlactation.com</a>, Website: <a href="http://www.rhlactation.com">www.rhlactation.com</a></td>
<td>Home Visits</td>
</tr>
<tr>
<td>Montgomery County/Limerick</td>
<td>Erica Diehl, MS, IBCLC</td>
<td>Western Montgomery County, Chester County, Berks County (Limerick Area and 20-mile radius), Phone 215-275-3603, Email: <a href="mailto:ericaibclc@hotmail.com">ericaibclc@hotmail.com</a>, Website: <a href="http://erica-ibclc.com">http://erica-ibclc.com</a></td>
<td>Home visits</td>
</tr>
<tr>
<td>Location</td>
<td>Practice Name</td>
<td>Provider(s)</td>
<td>Contact Information</td>
</tr>
<tr>
<td>---------------------</td>
<td>-----------------------------------------</td>
<td>------------------------------------------------</td>
<td>---------------------------------------------------------------------------------------</td>
</tr>
</tbody>
</table>
| Montgomery County/Plymouth Meeting | Einstein Lactation Services  
Alison S. Neuhaus, MA, IBCLC  
Christine Sweeney, RN, IBCLC | Phone: 484-362-6133  
Email: perinatalclasses@einstein.edu | Office Visits:  
Women's Resource Center  
633 W. Germantown Pike, Suite 202  
Plymouth Meeting, PA 19462 | • Prenatal classes, postpartum groups, classes for families  
• Nursing bras, pumping supplies, breastfeeding accessories  
• Aetna Provider  
• Independence Blue Cross Provider |

| Montgomery County/Rydal | Rachel Edwards  
RN, BSN, IBCLC | Abington/Jenkintown/Ryal/Glenside/Huntingdon Valley | Email: rachel@racheledwardsibclc.com  
Phone: 215-882-2510 | Home Visits  
• Nursing clothing & bras sales  
• Aetna provider  
• Independence Blue Cross provider |

| Montgomery County/Souderton | Amazing Newborn  
Judy Crouthamel RNC, IBCLC | Bucks County & Montgomery County | Phone: 610-584-6111  
Email: judy.crouthamelibclc@yahoo.com  
Website: www.amazingnewborn.com | Office Visits & Home Visits  
• Aetna Provider  
• Independence Blue Cross provider |

| Philadelphia | Crescent Lactation Care, LLC  
Katy Baker-Cohen, BSN, RN, IBCLC | Philadelphia (primarily Chestnut Hill, Mt. Airy, Germantown) | Phone: 484 683 5771  
Email: Katy@crescentlactationcare.com, Facebook Instagram @crescentlactationcare | Home Visits & Virtual/Telehealth  
• Aetna provider  
• Independence Blue Cross provider |

| Philadelphia | Mom+Baby, LLC  
Rosalie Kmiec, IBCLC | Philadelphia | Phone: 610-322-4932  
Email: Rosalie@mombabyphila.com | Home visits  
• Aetna provider  
• Independence Blue Cross provider |

| Philadelphia | Carol Tenneriello, RN, IBCLC | Philadelphia, Montgomery County | Phone: 215-248-0197  
Email: milkyway4@verizon.net | Home visits  
• Aetna provider  
• Independence Blue Cross provider |

| Philadelphia | Lisa Knoflicek, M.D., IBCLC | Philadelphia | Phone: 215-525-8600  
Email: lknoflicek@fight.org | Office Visits  
1207 Chestnut Street,  
5th Floor, Philadelphia, PA 19107  
• Pediatric Primary Care |

| Philadelphia | Natasha Conner PhD, IBCLC | South, Southwest, West Philadelphia | Phone:215-315-3285 | Home Visits  
• Health Education and Wellness |

| Philadelphia | Philadelphia Lactation  
Kate Katz, RN, IBCLC | Philadelphia, Delaware & Montgomery Counties, Main Line and Cherry Hill | Phone: 484-369-1020  
Email: PhiladelphiaLactation@gmail.com  
www.PhilaLactation.com | Home Visits  
• Aetna provider  
• Independence Blue Cross provider |

| Philadelphia | Solutions for Women  
Rachel Gazda, IBCLC, CD(DONA) | Philadelphia, Bucks, PA & Camden Counties, NJ | Phone: 215 829 5046  
Website: Solutions for Women | Only office visits. Call to schedule appointment, open to anyone including those who did not deliver at Pennsylvania Hospital.  
• Aetna provider  
• Independence Blue Cross provider  
• Medicaid accepted  
• will attempt to bill other insurance  
• Medela Symphony breast pump rentals  
• Scale rentals  
• Certified nursing bra fitters on staff  
• Maternity and postpartum clothing, bras & breastfeeding accessories  
• Support group meetings Monday 12:30-2  
• Childbirth, breastfeeding and infant care classes |

| Philadelphia | Freedom to Feed  
Rachel Gazda, IBCLC, CD(DONA) | Philadelphia, Bucks, PA & Camden Counties, NJ | Phone: 267-225-2383  
Email: Freedom2Feed@gmail.com  
Website: www.rachelgazda.com | Please contact for availability  
• Aetna provider  
• Independence Blue Cross provider |
<table>
<thead>
<tr>
<th>Philadelphia</th>
<th>Gabriella Kim, RN, IBCLC</th>
<th>Phone: 267 368 4291</th>
<th>Home Visits</th>
</tr>
</thead>
<tbody>
<tr>
<td>Philadelphia</td>
<td>Elena Marie Jaworski, BSN, RN, IBCLC</td>
<td>Phone: 267-997-8958</td>
<td>Home Visits</td>
</tr>
<tr>
<td>Philadelphia, Philadelphia suburbs, South Jersey</td>
<td>Email: <a href="mailto:elenamjaworski@gmail.com">elenamjaworski@gmail.com</a></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Philadelphia</td>
<td>Lifecycle WomanCare Cara Puff, IBCLC</td>
<td>Phone: 610-525-6086</td>
<td>Office Visits only</td>
</tr>
<tr>
<td>South Philadelphia</td>
<td>Email: <a href="mailto:info@lifecyclewomancare.org">info@lifecyclewomancare.org</a></td>
<td>1214 Moore Street, Philadelphia, PA 19148</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Website: <a href="http://www.lifecyclewomancare.org">www.lifecyclewomancare.org</a></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Philadelphia</td>
<td>Nestled, LLC Alison Ahern, BSN, RN, IBCLC</td>
<td>Phone: 484-832-2515</td>
<td>Home Visits</td>
</tr>
<tr>
<td>Philadelphia, Main Line, Delaware County</td>
<td>Email: <a href="mailto:alison@nestledclose.com">alison@nestledclose.com</a></td>
<td></td>
<td>Phone/video consults</td>
</tr>
<tr>
<td></td>
<td>Website: Nestedcircle.com</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Philadelphia South Jersey</td>
<td>Email: <a href="mailto:lisa@blissedoutmamas.com">lisa@blissedoutmamas.com</a></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Website: <a href="http://www.blissedoutmamas.com">www.blissedoutmamas.com</a></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Philadelphia</td>
<td>Center City Pediatrics Breastfeeding Support Group, Linda Derbyshire, BS, IBCLC</td>
<td>Phone: 215-735-5600 and 610-316-9157</td>
<td>Office Visits</td>
</tr>
<tr>
<td></td>
<td>Email: <a href="mailto:lindaderbyshire@gmail.com">lindaderbyshire@gmail.com</a></td>
<td>Home Visits</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Website: <a href="http://www.centercitypediatrics.com">www.centercitypediatrics.com</a></td>
<td>Home visits</td>
<td></td>
</tr>
<tr>
<td>Philadelphia</td>
<td>The Children’s Hospital of Philadelphia Rachelle Lessen, MS, RD, IBCLC</td>
<td>Phone: 215-590-4442</td>
<td>Office Visits</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Philadelphia</td>
<td>Christina Alulis, MSN, CPNP, IBCLC</td>
<td>Website: <a href="http://fullheartslactation.com">http://fullheartslactation.com</a></td>
<td>Home visits</td>
</tr>
<tr>
<td>Philadelphia, Bucks, Montgomery, Delaware, Chester Counties</td>
<td>Phone: 215-650-3175</td>
<td>Virtual/ telehealth</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Email: <a href="mailto:chrissy@liveveloactate.com">chrissy@liveveloactate.com</a></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Philadelphia</td>
<td>Tisa Thompson-Bradley</td>
<td>Email: <a href="mailto:tisathompsonbradley@gmail.com">tisathompsonbradley@gmail.com</a></td>
<td>Home &amp; Office Visits</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
### 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  
- Occupational therapy specializing in maternal health & infant development  
- Torticollis management  
- Infants w/ developmental delays or oral motor challenges  
- Post NICU support  
- Infant massage  
- Postpartum pain & physical recovery  
- Carpal tunnel & DeQuervain's support  
- Scale rentals  
- Postpartum virtual support group  
- Mom & baby yoga

### 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**  
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  
- Aetna provider  
- Independence Blue Cross provider

### Philadelphia/Germantown

**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  
- Aetna provider  
- Independence Blue Cross provider
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

**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  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
Kathleen Bickel DMD  Turnersville, NJ  info@dayspringlaserdentistry.com
Lisa Elden MD  (610) 337-3232
Joanna Green DDS  (302) 239-1757 Newark, Delaware  Pain and Sleep Therapy Center
Meg Kawan MD, IBCLC  (609)641-0200
Michael Kremer MD  (302) 655-6183  Wilmington, Delaware
David King MD
Daniel May MD  (610) 594-6440  Exton, Pa
Lance Panarello DDS  (484)498-2129  http://www.paqreendentist.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  
Center City Oral & Maxillofacial Surgery

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

Linda Baker MD, CCH  
Pediatrician, homeopath  
homeopathy1@yahoo.com  
https://www.lindabakermd.com/

Jenny Corbin Lac  
215-870-2211 Barefoot Doctor Community Acupuncture 19125

Cara Frank R. OM 215-772-0770  
http://www.sixishes.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.ravitalthome.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  
Philadelphia

Jaclyn Polakoff SLP  
jaclyn.polokoff@gmail.com  
Philadelphia

Nacona Davis, SLP  
nadavis2008@gmail.com  
Philadelphia

TheraPlay (Drexel Hill, West Chester, Hatboro)  
www.theraplayinc.com

Lisa Fowler (Outreach Liaison)  
lfowler@theraplyainc.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  
Home visits in Philadelphia and surrounding suburbs

Stephanie Trost MS, CCC-SLP, CLC  
Early intervention – JayCare Therapy  
610-930-6600  
stephanie.biester@gmail.com

**Infant Bodyworkers:**

**Craniosacral Therapy practitioners:**  
www.upledger.com  
click on “Find a Practitioner”

Christine Holefelder  
(610) 505-8946  
http://www.kinderssage.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
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
Brian Berg DC  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
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  (also does myofascial release)
Meggahna 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. 9th , 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  (will do home visits for a travel fee)

Infant Massage Instructors:
http://www.lovingtouch.com  click on “Find an instructor”
http://www.infantmassagetheusa.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:**
Natural Awakenings (Bucks/Montgomery)  [https://www.nabuxmont.com/2013/08/12/220735/halteman-thermal-imaging](https://www.nabuxmont.com/2013/08/12/220735/halteman-thermal-imaging)
The TDI & Health Through Awareness Mission  [http://tdi.com](http://tdi.com)  (856) 596-5834
### Chapter 8 - Medical Practices with lactation support staff/or that offer Breastfeeding Medicine

This list is of those currently known to the lactation consultant community. Contact nikki.lee@phila.gov to add more.

<table>
<thead>
<tr>
<th>Practice Name</th>
<th>Address</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Allstar Pediatrics</strong></td>
<td>400 N. Gordon Drive, Exton, PA 19341</td>
<td>(610) 363-1330</td>
</tr>
<tr>
<td><strong>Ambler Pediatrics</strong></td>
<td>602 S. Bethlehem Pike, Ambler, PA, 19002-5800</td>
<td>(214) 643-7771</td>
</tr>
<tr>
<td><strong>Advocate Society Hill Pediatrics</strong></td>
<td>834 Chestnut Street, Suite 306, Philadelphia, PA 19107</td>
<td>(215) 545-8188</td>
</tr>
<tr>
<td><strong>Cowpath Pediatrics</strong></td>
<td>108 Cowpath Road, #1, Lansdale, PA 19446</td>
<td>(215) 525-8600</td>
</tr>
<tr>
<td><strong>Brandywine Pediatrics</strong></td>
<td>3521 Silverside Road, #1F, Wilmington, DE 19810-1917</td>
<td>(302) 478-8854</td>
</tr>
<tr>
<td><strong>Fairmont Pediatrics and Adolescent Medicine</strong></td>
<td>2000 Hamilton Street, Philadelphia PA 19130</td>
<td>(215) 774-1166</td>
</tr>
<tr>
<td><strong>Center City Pediatrics</strong></td>
<td>1740 South Street, Philadelphia PA 19146</td>
<td>(215) 735-5600</td>
</tr>
<tr>
<td><strong>Philadelphia FIGHT Pediatrics</strong></td>
<td>1207 Chestnut Street, Philadelphia PA 19107</td>
<td>(215) 545-8188</td>
</tr>
<tr>
<td><strong>Drexel Hill Pediatrics</strong></td>
<td>5030 State Rd # 2-900, Drexel Hill, PA 19026</td>
<td>(610) 623-9080</td>
</tr>
<tr>
<td><strong>Society Hill Pediatrics</strong></td>
<td>1233 Locust Street, Philadelphia PA 19107</td>
<td>(215) 427-MILK (6455)</td>
</tr>
<tr>
<td><strong>Jefferson Family Medicine Associates</strong></td>
<td>833 Chestnut Street, Philadelphia PA 19107</td>
<td>(215) 955-7190</td>
</tr>
</tbody>
</table>
Chapter 9 - Business Case for Breastfeeding Assistance

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

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

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

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

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

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

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

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

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

Katja Pigur, M.Ed., CLC  
Senior Director of Programs and Business Development  
Maternity Care Coalition  
Philadelphia, PA 19130  
(215) 989-3564  
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)

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  
(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](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  
3rd 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](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](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/](https://www.gvh.org/classes/)
St. Mary Medical Center
Langhorne-Newtown Road
Langhorne, PA 19047
(215) 710-6667
Breastfeeding class $25
3rd 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

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
B4 Village
319 W. Ridge Pike
Limerick, PA 19468
(484) 854-3804
www.b4village.org
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=163735

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 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-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 1 - 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
485 Half Day Road, Suite 320
Buffalo Grove, IL 60089
(877) 99-AMEDA
Facebook, Google Hangout and Twitter

Medela, Inc.

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

Hygeia II Medical Group, Inc.

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

Limerick, Inc.

www.limerickinc.com
2150 N. Glenoaks Blvd.
Burbank, CA 91504-4327
Phone: 877-limeric (546-3742)
Fax: (818) 566-1260
customerservice@limerickinc.com
Facebook, Linkedin, Twitter

Spectra Baby USA

www.spectrababyusa.com
6851 SW 21st Court
Suite 1
Davie, Fl. 33317
Phone: (855) 44-MOMBABY
customerservice@spectrababyusa.com
Facebook and Twitter

Philips USA

www.usa.philips.com
Avent pumps
(800) 542-8368
Tweet your questions to @PhilipsCare
Also Facebook and Youtube

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

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

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

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

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

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/
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.

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.”

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

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)
  (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)1 (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 cocaine1 (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](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, 21st 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.”

Brucellosis: p.415 “Temporary interruption of breastfeeding…pumping and discarding the milk …….for the first 48-96 hours of therapy in the mother.”

Gonorrhea: p.416  

“Mother should be separated from infant until completion of 24 hours of therapy. Pump and discard for 24 hours.”

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

“CDC recommends that facilities consider temporarily separating the mother who is ill with suspected or confirmed influenza from her baby following delivery during the hospital stay. Throughout the course of temporary separation, all feedings should be provided by a healthy caregiver if possible. Mothers who intend to breastfeed should be encouraged to express their milk.”

MRSA: p. 419 “Management…. should be based on severity of disease and whether the infant is premature, LBW, VLBW, previously ill or full term.” ”Breastfeeding on the affected side in cases of mastitis generally is recommended.”  P. 116 (AAP Red Book, 31st 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.”


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.lli.org/breastfeeding-and-galactosemia-2/

Phenylketonuria
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/

"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:
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
**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:**


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.15 (III) Local anesthetics given by injection or topical application are considered safe for breastfeeding mothers.1,2 (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 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  
3) www.infantrisk.com  

**Traveling with Human Milk:**

https://www.cdc.gov/nutrition/infantandtoddlernutrition/breastfeeding/travel-recommendations.html  
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>
<thead>
<tr>
<th>Location of storage</th>
<th>Temperature</th>
<th>Maximum recommended storage duration</th>
</tr>
</thead>
</table>
| 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 |


Chapter 15 - APPS for Birth, Breastfeeding and Pumping
Available via App Store or Google Play

**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)

**Irth:** [https://irthapp.com/](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/find-mamava)
[https://www.mamava.com/mobile-app/](https://www.mamava.com/mobile-app/)

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

**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**

**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/](https://www.pumpspotting.com/) “it’s Facebook meets yelp. meets boob.”

**App for prenatal education:** [http://www.coffective.com/learn/](http://www.coffective.com/learn/)

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

**Total Baby** ($4.99) Log anything, caregivers can log in too, everything can be synched together.
Chapter 16 - Selected Websites for Breastfeeding & Related Resources

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

Many 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 - Ibronline.ca
- Alyssa Schnell IBCLC

**Advocacy and Political Action**
- Baby Milk Action - www.babymilkaction.org
- Ban the Formula Discharge Bags - www.banthebags.org
- Surgeon-General Regina Benjamin’s Call to Action (2011) - 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**

- Billing Codes for Lactation - www.icd10data.com/ICD10CM/Codes/O00-O9A/O85-092/O92-/O92.79
- Donna Sinnott, lactation coding expert: 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**
- Black Women Do Breastfeed: https://blackwomendonbreastfeed.org
Black Mothers’ Breastfeeding Association:  http://blackmothersbreastfeeding.org/

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


National Association of Professional and Peer Supporters of Color  http://www.napplsc.org/

Native American  www.faceresources.org/indigenous-breastfeeding/
  IHS.gov/baby-friendly/

Reaching Our Sisters Everywhere  http://www.breastfeedingrose.org

Blogs

Healthy Children  www.ourmilkyway.org

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

Privately sponsored blogs:
   http://www.sheknows.com/parenting/articles/1020825/best-breastfeeding-blogs
   http://www.thebadassbreastfeeder.com
   https://themilkmeg.com/milk-meg-blog/
   https://womenshealthtoday.blog/about/ (from Kathleen Kendall-Tackett PhD)
   http://mammalsuck.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

Praeclarus Press (formerly Hale Publishing)  www.praeclaruspress.com

Injoy  www.injoyvideos.com

Noodle Soup:  www.noodlesoup.com

Kay Hoover and Barbara Wilson-Clay  www.breastfeedingmaterials.com

Breastfeeding/Lactation Organizations
   (Offer courses, educational materials and conferences)

Academy of Lactation Policy and Practice  https://www.aipp.org/

Appalachian Breastfeeding Network  https://www.appalachianbreastfeedingnetwork.org/

BAE (Breastfeeding Awareness and Empowerment)  BAE  

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

International Lactation Consultant Association  www.ilca.org

La Leche League International (LLLI)  www.llli.org
Breastfeeding Help Sites (for Mothers and for Providers)

Biological Nurturing  www.biologicalnurturing.com
Breastfeeding After Reduction:  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/
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=IwAR2ZtaFqt4Ag_4QEJn_0q1v6Yi9LSszdGuh9ZNnvH69O9C8wxKynBUqFJMvK
Newborn Weight Tool  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/
Birth from Within  www.birthfromwithin.com
BirthWorks  www.birthworks.org
Black Doulas Philadelphia  https://www.blackdoulas.org/pennsylvania
Childbirth and Postpartum Professional Association  www.cappa.net
Coalition to Improve Maternity Services (CIMS)  www.motherfriendly.org
Doulas.com  http://www.doulas.com/
(Includes Operation Special Delivery, a program that provides free doulas for women whose babies' fathers are in the military.)
Doulas of North America  http://www.dona.org
Facebook:  Doula 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
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

Early Resource Learning Center/ Office of Child Development and Early Learning (OCDEL)
https://www.pakeys.org/elrc/ The Pennsylvania Department of Human Services’ (DHS) 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

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, 3rd Edition (CFOC3) http://nrckids.org/

Carolina Breastfeeding-Friendly Child Care Initiatives

CDC Support for Breastfeeding in Early Childhood Education

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

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**

**Breastfeeding a Baby with Down’s Syndrome**
https://juliasway.org/brochure (available in English and in Spanish)
Support group: love@juliasway.com

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

**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 Phillipa 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/parentingwithoutsight.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=P53LVHkrYcE
http://www.youtube.com/watch?v=m36FCLQGrs

**Disability:** http://www.disabledparenting.com/nursing/
https://www.disabledparenting.com/breastfeeding-advice-for-mothers-with-disabilities/?fbclid=IwAR3YZNYOq9ZrwRc2Z8fcIcCttApH8-IMwzJg_drABA_4MmJIAQwUdW5r0QSq
https://blog.themobilityresource.com/blog/post/10-amazing-products-for-parents-with-disabilities

**Substance Abuse Disorder:**

**Wheelchair-Using Parents Stroller Options**
https://www.spinalcord.com/blog/stroller-options-for-wheelchair-using-parents?fbclid=IwAR25HI-sVnxnKusQXTn4NjDP3dO_sPYrkkFmTpw9XNlsghFvlgZLlyJmZ8s

**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/1onPOMQFKRqM13NGuwtr2sH_xFxuYyP_OagGzPYaFi2A/htmlview?fbclid=IwAR3j073v4JrGs1RT-t8VdHK1aOC6O6QdvcHoAHcJbwWaaAfLDwvc6CUhS7

**American Academy of Pediatrics:**  

**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

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.


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

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

https://www.llli.org/breastfeeding/info/working-and-breastfeeding/

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


**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:

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


**Foreign Language Materials (Free)**

Baby-Friendly
https://www.unicef.org.uk/babyfriendly/baby-friendly-resources/foreign-language-resources/

(Bilingual, 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/

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**

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

La Leche League of Canada Arabic: http://www.lllc.ca/Thursdays-tips-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

Growth Charts (CDC) 
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
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: 

United States Breastfeeding Committee FREE photo gallery: 
http://www.usbreastfeeding.org/photo-project?fbclid=IwAR19cFOD9DP9qCA-zsgq0RrcBiSilGVI7kMoXx34ztt68pi6mWVh6yrPFS6Y9s

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 
http://www.fda.gov/food/guidanceregulation/guidancedocumentsregulatoryinformation/infantformula/defaul.htm

2020 list of Organic infant formulae 
https://mommyhood101.com/best-organic-baby-formula

Safe Preparation of Powdered Infant Formula 

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 

International Organizations

La Leche League, International  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


Breastfeeding Resource Center, Abington PA 215-886-2433
Breastfeeding Resource Center, Wayne, PA  484-582-6682
www.brascpectrum.com
www.b4village.org

Laws and Legal Issues

National Conference of State Legislatures

Human Relations Commission Philadelphia
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-visititation/
(3)  http://www.attachmentparenting.org/parentingtopics/special-areas/divorce-custody-blendedfamilies
(4)  http://www.newswise.com/articles/overnights-away-from-home-affect-childrens-attachments-va-study-shows

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:
LGBTQIA+

http://www.lesbianmommies.com/lesbian-mommies-start-here/

https://www.pennmedicine.org/for-patients-and-visitors/find-a-program-or-service/lgbt-health


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/


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

American College of Obstetrics and Gynecology www.acog.org

American Academy of Pediatrics (AAP) www.aap.org/breastfeeding

Medical Staff Training (see also On-line Education section)


Centers for Disease Control:

Community Health Training Institute
https://www.hriainstitute.org/breastfeedingcme/

First Latch http://www.firstlatch.net/
The Pennsylvania Resource Organization for Lactation Consultants

Maryland Department of Health (free)
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

Wellstart http://wellstart.org

National Organizations

Baby-Friendly Hospital Initiative, USA www.babyfriendlyusa.org

Centers for Disease Control 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

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


Department of Health and Human Services www.womenshealth.gov/breastfeeding


United States Breastfeeding Committee www.usbreastfeeding.org

United States Lactation Consultant Association www.uslca.org

WIC/Food & Nutrition Services
https://wicworks.fns.usda.gov/wicworks//Sharing_Center/gallery/FitWICBaby.htm

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

United States Breastfeeding Coalition webinars FREE
http://www.usbreastfeeding.org/coalitions-webinars

**Philadelphia/Pennsylvania Organizations**

Maternity Care Coalition  www.maternitycarecoalition.org

Philadelphia Department of Public Health
http://www.phila.gov/health/MCFH/BreastfeedingPromotion.html

Pennsylvania Breastfeeding Coalition  www.pabreastfeeding.org

Pennsylvania Department of Health Breastfeeding Program
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
Where to find an IBCLC; information about minority scholarship

**Podcasts about birth and breastfeeding**

Academy of Breastfeeding Medicine:

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://breastfeedingoutsidebox.libsyn.com/

Institute for the Advancement of Breastfeeding and Lactation Education
https://lacted.org/podcasts/?fbclid=IwAR3vUoX_0h1FucPy9rpWHKs01vzq98rEyYb7ZcLytZQFHAFJpKCA4Sce0k

New Mommy Media  http://www.newmommymedia.com/the-boob-group/

**Postpartum Depression/Mood Adjustment Disorder**

CAP4Kids

CDC’s Depression Among Women of Reproductive Age
www.cdc.gov/reproductivehealth/Depression/

Dr. Katherine-Kendall Tackett  www.UppityScienceChick.com

Jabina Coleman MSW, IBCLC  https://www.thelactationtherapist.com/

Penn Center for Behavioral Wellness  www.med.upenn.edu/womenswellness/

Perinatal Mental Health Alliance for People of Color  www.pmhapoc.org

Postpartum Support International  www.postpartum.net/locations/pennsylvania/
http://www.postpartum.net/  1-800-944-9773

Kelli Wicklund MA, NCP, LCP  www.maternalwellness.org
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/


Research Publications and Sites

Childbirth Connection (formerly Maternity Center Association)
Free downloads, including the Milbank Report and the Listening to Mothers survey
www.childbirthconnection.org

The Cochrane Collaboration http://www.cochrane.org/search/site/breastfeeding


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

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=m5ivEYQQ830

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=FBghl7ERjpQ (Normalize Breastfeeding)

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
Skin to Skin:  http://skin2skin.org/


Paced Bottle-Feeding  http://www.youtube.com/watch?v=UH4T700SzGs&feature=youtu.be
Beckman side-lying  https://www.youtube.com/watch?v=5e1kBtYYns
Milk Mob  https://www.youtube.com/watch?v=QGPm5SzLxXY

Reduce Infant Pain During Painful Procedures: (breastfeeding and skin to skin)  https://www.youtube.com/watch?v=L43y0H6XEH4

Prenatal Education  http://www.naturalbreastfeeding.com

Reverse Pressure Softening  http://www.youtube.com/watch?v=2_RD9HNrQj8
https://www.youtube.com/watch?v=tCWisBRmzw

TED Talks about breastfeeding

Dr. Jenn Anderson:  https://www.youtube.com/watch?v=GOCoWrGN80
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=4q-ov94ZWoQ](https://www.youtube.com/watch?v=4q-ov94ZWoQ)
Why breastfeeding has become a privilege not a right

Dr. E.Bimla Schwarz: [https://www.youtube.com/watch?v=o2XjA4wAIw](https://www.youtube.com/watch?v=o2XjA4wAIw)
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-Rlpmdp3Iw](https://www.youtube.com/watch?v=I-Rlpmdp3Iw)
Breastfeeding and the Modern Woman

Todd Wolynn MD: [https://www.youtube.com/watch?v=gqB44IYKRvs](https://www.youtube.com/watch?v=gqB44IYKRvs)
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**
Webinars free to members.

[https://www.appalachianbreastfeedingnetwork.org/](https://www.appalachianbreastfeedingnetwork.org/)

**ILCA**
[https://lactationmatters.org/2012/12/20/ilca-now-offers-free-webinars/](https://lactationmatters.org/2012/12/20/ilca-now-offers-free-webinars/)

**La Leche League International**
[https://lill.org/resources/webinars/](https://lill.org/resources/webinars/)

**NACCHO**

**United States Breastfeeding Coalition webinars**
FREE
[http://www.usbreastfeeding.org/coalitions-webinars](http://www.usbreastfeeding.org/coalitions-webinars)

**United States Lactation Consultant Association**
[https://uslca.org/education-resources/live-webinars#event-list](https://uslca.org/education-resources/live-webinars#event-list)

**Workplace Breastfeeding Information**

**Babies at Work**
[http://www.babiesatwork.org](http://www.babiesatwork.org)

**ACA Breast Pumps and Insurance Information:**

**Discrimination Against Breastfeeding Workers:**
[https://www.pregnantatwork.org/breastfeeding-report-fullpage/](https://www.pregnantatwork.org/breastfeeding-report-fullpage/)

**Federal Policies, Programs, Initiatives:**
[http://www.usbreastfeeding.org/p/cm/ld/fid=26](http://www.usbreastfeeding.org/p/cm/ld/fid=26)

**How to Keep Your Breast Pump Kit Clean**

**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  
Chapter 17 - Sources of Donor Human Milk

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
   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:


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

3) AWHONN 2016    Informal Milk Sharing in the US


Chapter 18 - Drugs in Lactation

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

Mother2baby.org
Medications & More During Pregnancy and Breastfeeding. English and Spanish.

Use of Contrast Media in 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  (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