Breastfeeding Resources
Websites and phone numbers

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

Information and Organizations

**Baby Friendly Hospital Initiative**
www.babyfriendlyusa.org

**World Health Organization – Breastfeeding**
www.who.int/topics/breastfeeding/en

**Centers for Disease Control and Prevention – Breastfeeding**
www.cdc.gov/breastfeeding

**Academy of Breastfeeding Medicine**
www.bfmed.org, 800.990.4226

**American Academy of Pediatrics – Breastfeeding and the Use of Human Milk**
www.pediatrics.aappublications.org/content/129/3/e827

**National Institute of Child Health and Human Development**
www.nichd.nih.gov, 800.370.2943

**Breastfeeding Online**
Jack Newman, M.D.
www.breastfeedingonline.com/newman.shtml

**Kelly Mom**
www.kellymom.com

**Getting Started with Breastfeeding**
www.newborns.stanford.edu/Breastfeeding

**La Leche League**
www.llusla.org or www.lalecheleague.org
877.452.5324 (helpline), 800.525.3243, 206.522.1336 (Seattle)
U.S. Department of Health and Human Services Office on Women’s Health
www.womenshealth.gov/breastfeeding

Public Health – Seattle & King County
www.kingcounty.gov/healthservices/health/personal/breastfeeding.aspx, 206.296.4786

Within Reach and Breastfeeding Coalition of Washington State
www.withinreachwa.org, 800.322.2588

Groups, Classes, and Support Services

La Leche League
For Seattle groups, call 206.522.1336

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

PEPS (Program for Early Parent Support)
www.peps.org, 206.547.8570

NAPS (Northwest Association for Postpartum Support)
Doula service
www.napsdoulas.com, 206.956.1955

Medicines, Drugs, and Breastfeeding

Infant Risk Center
www.infantriskcenter.com

LACTMED

Breast Pumps and Supplies

Apria
425.881.8500
Breast pump rentals for mothers with Group Health or Aetna insurance.

Medela
www.medela.us
Medela’s website has a product finder that searches for rental stations in or near your zip code. The site also offers basic breastfeeding information.
**Nurturing Expressions**  
*www.nurturingexpressions.com, 206.763.2733*  
Nurturing Expressions delivers rental pumps to UW Medical Center. Their staff assists with 3rd-payer billing for many insurance plans and medical coupons.

**Village Maternity**  
*www.villagematernity.com, 206.523.5167*  
At University Village, 10 minutes north of UW Medical Center.

**WIC (Women, Infants and Children)**  
*www.doh.wa.gov/YouandYourFamily/WIC.aspx, 800.322.2588*  
Many WIC offices have breast pump loaner programs for their clients who are returning to work or school, or who have a medical need that requires pumping. Call your local WIC office directly for more information.

**Milk Banks**  
**Human Milk Banking Association of North America**  
*www.hmbana.org*

**Books**  

**Return to Work**  
**U.S. Department of Labor**  
*www.dol.gov/whd/regs/compliance/whdfs73.pdf*  
Break time for nursing mothers.

**Business Case for Breastfeeding**  
*www.womenshealth.gov/breastfeeding/government-in-action/business-case-for-breastfeeding*
Preterm Infants

Websites
Vermont Oxford Network
www.vtoxford.org

Breastfeeding Your Premature Baby Using a Nipple Shield
breastfeeding-your-premature-baby-using-a-nipple-shield

Family Village
www.familyvillage.wisc.edu/lib_prem.htm

Parents of Premature Babies (Preemie-L)
www.preemie-l.org

UC San Diego Health System
www.health.ucsd.edu/women/child/newborn/nicu/spin/parents/Pages/default.aspx

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

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

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