Breastfeeding Resources
Websites and phone numbers

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

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

Breastfeeding Medicine of Northeast Ohio
Basics of latching and breast massage:
http://bfmedneo.com

Global Health Media
Videos for breastfeeding mothers and their care partners:
www.globalhealthmedia.org/videos/breastfeeding

Stanford Medicine
Videos on many aspects of breastfeeding:
http://med.stanford.edu/newborns/professional-education/breastfeeding.html

General Information
Kelly Mom
A resource for many aspects of breastfeeding and parenting:
www.kellymom.com
Groups, Classes, and Support Services

Valley Medical Center
Drop-in breastfeeding and parenting group: 425.228.3440

Northwest Hospital
Drop-in breastfeeding group: 206.668.1882

PEPS (Program for Early Parent Support)
A nonprofit organization helping parents connect and grow as they begin their journey into parenthood. PEPS parent support programs educate, inform, and create community:
www.peps.org
206.547.8570

La Leche League
For mother-to-mother support and education:
www.llusa.org or www.lalecheleague.org
877.452.5324 (helpline), 800.525.3243, 206.522.1336 (Seattle)

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

Medicines, Drugs, and Breastfeeding

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

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

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

You can buy supplies and parts for breast pumps online or at Northwest Medical Supply, Nurturing Expressions, and Village Maternity (see next page).
**Northwest Medical Supply**  
Rents and sells pumps and equipment. Located in the pharmacy at Northwest Hospital.  
206.365.2277

**Nurturing Expressions**  
Delivers rental pumps to UWMC-Montake Campus. Their staff helps with billing for many insurance plans and medical coupons:  
[www.nurturingexpressions.com](http://www.nurturingexpressions.com)  
206.763.2733

**Our Perfect Baby**  
Verifies insurance coverage for breast pumps, helps you get a prescription, and ships pumps to your home:  
[Ourperfectbaby.com](http://Ourperfectbaby.com)  
425.563.1209

**Village Maternity**  
A retail store at University Village, 10 minutes north of UWMC-Montake Campus:  
[www.villagematernity.com](http://www.villagematernity.com)  
206.523.5167

**WIC (Women, Infants and Children)**  
Many WIC offices have breast pump loaner programs for their clients who are returning to work or school, or who have a medical need that requires pumping. To learn more:  
[www.doh.wa.gov/YouandYourFamily/WIC.aspx](http://www.doh.wa.gov/YouandYourFamily/WIC.aspx)  
800.322.2588

**Breast Milk Storage and Use**

**Centers for Disease Control and Prevention**  
How to handle, store, and prepare expressed breast milk:  
[www.cdc.gov/breastfeeding/recommendations/handling_breast_milk.htm](http://www.cdc.gov/breastfeeding/recommendations/handling_breast_milk.htm)

**Milk Banks**

**Human Milk Banking Association of North America**  
[www.hmbana.org](http://www.hmbana.org)

**Northwest Mother’s Milk Bank**  
[www.donatemilk.org](http://www.donatemilk.org)
Books

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

Mother Food, 1st edition

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

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

Return to Work

Lactation Stations on UW Campus
http://hr.uw.edu/worklife/parenting/lactation-stations

U.S. Department of Labor
Facts about the break time employers are legally required to give nursing mothers by the Patient Protection and Affordable Care Act (PPACA):
www.dol.gov/whd/regs/compliance/whdfs73.pdf

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