Breastfeeding Resources

Breastfeeding Your Hospitalized Baby

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

Information and Organizations

Academy of Breastfeeding Medicine
www.bfmed.org, 800.990.4226

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

Baby Friendly Hospital Initiative
www.babyfriendlyusa.org

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

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

Exclusively Pumping
www.exclusivelypumping.com

Kelly Mom
www.kellymom.com

La Leche League
www.llus.org or www.lalecheleague.org
877.452.5324 (helpline), 800.525.3243, 206.522.1336 (Seattle)

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

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

There are many organizations that can support you as you breastfeed your new baby.
Stanford School of Medicine: Getting Started with Breastfeeding
www.newborns.stanford.edu/Breastfeeding

U.S. Department of Health and Human Services Office on Women’s Health
www.womenshealth.gov/breastfeeding

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

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

Groups, Classes, and Support Services

La Leche League
For Seattle groups, call 206.522.1336

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

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

Medicines, Drugs, and Breastfeeding

Infant Risk Center
www.infantrisk.com, 806.352.2519

LACTMED

Breast Pumps and Supplies

Aprila
425.881.8500
Breast pump rentals for mothers with Group Health.

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

Nurturing Expressions
www.nurturingexpressions.com, 206.763.2733
Nurturing Expressions delivers rental pumps to UWMC. Their staff helps with 3rd-payer billing for many insurance plans and medical coupons.
Breastfeeding Resources  |  Breastfeeding Your Hospitalized Baby
Lactation Services  |  Box 356079  |  1959 N.E. Pacific St., Seattle, WA 98195  |  206.598.4628

Village Maternity
www.villagematernity.com, 206.523.5167
At University Village, 10 minutes north of UWMC.

WIC (Women, Infants and Children)
www.doh.wa.gov/YouandYourFamily/WIC.aspx, 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

Mother’s Milk Bank
www.rmchildren.org/programs/milkbankcolorado

Northwest Mothers Milk
www.nwmmb.org

Return to Work

Business Case for Breastfeeding

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

Preterm Infants

Websites

Breastfeeding Your Premature Baby Using a Nipple Shield

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

Vermont Oxford Network
www.vtoxford.org

UC San Diego Health System
www.health.ucsd.edu/specialties/obgyn/maternity/newborn/nicu/spin/parents/Pages/default.aspx
Books

- *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)

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

Questions?
Your questions are important. Call your doctor or health care provider if you have questions or concerns. UWMC clinic staff are also available to help.

Lactation Services: 206.598.4628
Weekdays: 9 a.m. to 5 p.m.
Weekends and holidays: 9 a.m. to 3 p.m.