

## **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](http://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](http://www.kellymom.com)



*Your nurse can teach you breastfeeding methods and answer your questions about feeding your newborn. Lactation specialists can also help if there are any problems.*



UWMC has earned an award called the “Baby Friendly Hospital Initiative” from UNICEF and the World Health Organization. This award is given to hospitals that provide a positive environment for breastfeeding families by following the “Ten Steps to Successful Breastfeeding.”

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

### ***Valley Medical Center***

Drop-in breastfeeding and parenting group: 425.228.3440

### ***NW Hospital***

Drop-in breastfeeding group: 206.368.1882

### ***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](http://www.peps.org)

206.547.8570

### ***La Leche League***

For mother-to-mother support and education:

[www.llusa.org](http://www.llusa.org) or [www.lalecheleague.org](http://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](http://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](http://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](http://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 on the Northwest Hospital campus.

206.365.2277

### ***Nurturing Expressions***

Delivers rental pumps to UW Medical Center. 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 UW Medical Center:

[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, 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  
Hilary Jacobson (2004)

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

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

## **Return to Work**

***UW 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](http://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.**

## **Questions?**

Your questions are important.

If you have questions about breastfeeding resources, please call Lactation Services at 206.598.4628.