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Introduction

The Pennsylvania Breastfeeding Referral Guide contains county-specific individuals and organizations that can provide breastfeeding awareness, support and assistance. It includes information on lactation specialists, community programs, support/mother groups, community coalitions, breast pump rentals and local, state and national help lines.

Definitions of the terms used in the guide are presented after the Table of Contents. County pages can be printed individually by county for handy reference. Additionally, a listing of websites and other materials is included for your review and use. The Ctrl (control key) + Click (mouse click) function is enabled in this document; just mouse over any of the entries in the Table of Contents and use Ctrl + Click to navigate directly to the selected page.

This document is only available electronically. You can print copies from it. If you are unable to print a copy, you may contact the Pennsylvania (PA) Department of Health at the phone number or email below to receive a hard copy via mail.

The Referral Guide is based on information submitted to the PA Department of Health. Updates or corrections can be sent 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

Please Note: The Department of Health is providing information in this document as a means of supporting breastfeeding women but does not endorse any individual or organization presented in this guide, nor does it endorse any commercial products or producers that are presented.

Definitions

International Board-Certified Lactation Consultants (IBCLCs) are breastfeeding specialists who have completed a minimum of 90 hours of education, 1,000 hours of clinical experience and have passed the certifying examination given by the International Board of Lactation Consultant Examiners. These specialists offer assistance with concerns such as: low milk supply, a baby who is having difficulty latching onto the breast or is sucking incorrectly, sore nipples or breasts, a baby with down syndrome, twins, a premature baby with a feeding problem, a cleft palate baby, illness of mother or baby, breastfeeding an adopted baby, etc. Some hospital-based IBCLCs provide consults after discharge. There may or may not be a fee for this out-patient service. Private practice IBCLCs may provide home visits and/or see clients at their offices. There is a fee for the service that is covered by some insurance companies. Some practitioners have a sliding scale of fees. To find an IBCLC go to <http://www.ilca.org/why-ibclc/falc>.

Lactation Nurses (RN, CNM) are nurses or nurse midwives who have additional breastfeeding training and experience but have not taken the certifying exam given by the International Board of Lactation Consultant Examiners. Breastfeeding concerns beyond their level of skill are referred to an IBCLC.

Certified Lactation Educators/Counselors (CLE, CLC, CBC) are breastfeeding counselors/educators who have completed a 12- to 40-hour course in breastfeeding and have passed a certifying exam. Breastfeeding concerns beyond their level of skill are referred to an IBCLC.

La Leche League Leaders are experienced breastfeeding mothers who are accredited by La Leche League International (LLL) to help mothers and mothers-to-be with breastfeeding. Leaders are ready to offer encouragement, support, information, and practical help to both mothers and medical professionals. All shared information of a medical nature has been approved by the LLL Health Advisory Council.

Other Volunteer Breastfeeding Support Groups

Some counties have additional breastfeeding groups, either through hospital-based mother groups or volunteer organizations. Women who have breastfed may decide to volunteer their time to help other mothers succeed at breastfeeding. Some group members attend training courses to learn about breastfeeding beyond their own personal experience. They are available by telephone or group meetings to answer questions about breastfeeding and parenting.

Women Infants and Children (WIC) Program

The Pennsylvania (PA) WIC Program provides nutrition assessment and education from trained nutrition professionals, breastfeeding promotion and support, and healthful foods to help participants reach their nutritional goals. PA WIC provides breastfeeding services through their Designated Breastfeeding Experts (DBE), Peer Counselors and Nutritionists, each with a different scope of practice and level of participant support. Complex breastfeeding challenges are handled by WIC DBEs and/or referred to physicians or IBCLCs in the community.

PA WIC also provides quality breast pumps and breast pump education to further equip women for success in a variety of situations throughout their breastfeeding journey. PA WIC is funded by the United States Department of Agriculture (USDA). These services can only be provided to WIC participants. Refer mothers to pawic.com to apply!

Information for All Counties

Breastfeeding Help Lines

PA WIC Breastfeeding Peer Counselor Hotline: 855-427-5666; Monday through Friday from 8 a.m. to 9 p.m., Saturday and Sunday from 9 a.m. to 1 p.m.

PA 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.

National Women's Health Information Center: 800-994-9662 (peer counselors, Monday through Friday from 9 a.m. - 6 p.m.), www.womenshealth.gov/breastfeeding

National LLL Breastfeeding Hotline: 1-800-525-3243

Infant Risk Center Helpline: 1-806-352-2519, www.infantrisk.org

Nurse Family Partnership

First-time moms who are pregnant 28 weeks or less, meet income requirements and live in a service area are eligible for free help from a personal nurse who will come to your home to offer advice and support through your pregnancy and until your baby is 2 years old.

Call or Text: 844-637-6667, <https://www.nursefamilypartnership.org/first-time-moms/>

La Leche League of Pennsylvania

For up-to-date information on La Leche League groups in Pennsylvania, including links to individual group webpages throughout the entire state:

Eastern PA: <http://www.llofeasternpa.org/Pennsylvania.html>

Western PA: 412-256-8840, <http://llofwp.org/>

Purchasing Retail Breast Pumps

The baby section of local department stores and pharmacies may carry various brands of pumps. Choose wisely! Pump brands vary in quality and effectiveness. Call a local breastfeeding specialist for more information. NOTE: The Food and Drug Administration (FDA) considers breast pumps single use devices, with the exception of FDA cleared, hospital-grade pumps, and recommends that pumps should only be used by one woman, because there is no way to guarantee the pump can be cleaned and disinfected between uses by different women.

Breast pump customer service numbers and websites

Ameda: 866-992-6332, www.ameda.com

Avent: 800-542-8368, www.avent.com

Bailey: 800-413-3216, www.baileymed.com

Baird Breast Pump Catalog: 215-884-2990, <https://www.bairdmedical.com/>

Heron Medical Supplies

Coatsville: 610-384-7500, www.heronhomehealthcare.com

Drexel Hill: 610-259-9700, www.heronhomehealthcare.com

Hygeia: 888-786-7466, www.hygeiababy.com

Limerick: 877-546-3742, www.limerickinc.com

Medela: 800-435-8316, www.medela.us

Levana Bratique: 724-934-8795, <http://levanabratique.com/>

Storkpump: 1-844-993-3740, www.storkpump.com

The Breastfeeding Shop: 1-866-255-6779; www.thebreastfeedingshop.com

ADAMS

Lactation Consultants/Counselors (hospital and birth centers)

*Gettysburg Hospital: 717-337-4184

**Breastfeeding classes available*

Lactation Consultants/Counselors in the Community

Suzy Wilkinson, RN, IBCLC (home visit, Chambersburg): 717-860-0177

Gettysburg Hospital: 717-337-4184

Melanie Myers (home visits, virtual consults): 717-292-8656, hello@melaniemyersibclc.com
www.melaniemyersibclc.com

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)

Susan Davis, DTR, IBCLC, Breastfeeding Coordinator (Chambersburg): 717-263-0802, ext. 1329
sdavis@sccap.org

Adams County Breastfeeding Peer Counselor Mother's Lounge: 717-334-7634, ext. 1189

La Leche League

Lorraine (Waynesboro): 717-762-9094

Area Breast Pump Vendors*

Gettysburg Hospital (Gettysburg): 717-337-4184

*[*Please reference page 7 for statewide breast pump resources](#)*

ALLEGHENY

Lactation Consultants/Counselors (hospital and birth centers)

*AHN Jefferson Hospital: 412-469-5475

*Heritage Valley Sewickley: 412-749-7494

<http://www.heritagevalley.org/pages/events-and-classes>

*Magee Women's Hospital: 412-641-1121

<http://www.upmc.com/locations/hospitals/magee/patients-and-visitors/classes-and-events/Pages/default.aspx>

Mercy Hospital: 412-232-7135

St Clair Hospital: 412-942-5875 (7 days/week, 10:00 am - 4:00 pm)

https://www.stclair.org/calendar/view_dates/event:107

UPMC Children's Hospital of Pittsburgh: 412-692-7285

*Western Pennsylvania Hospital: 412-578-7030

<https://www.ahn.org/events>

*Breastfeeding classes available

Lactation Consultants/Counselors in the Community

Ashley M. Lauria, MA, RD, LDN, IBCLC (VA Medical Center, VISN 4): 814-860-2146,

Ashley.lauria@va.gov

Breastfeeding Center of Pittsburgh: 412-246-4726, www.breastfeedingcenterofpittsburgh.com

Children's Community Pediatrics: 412-422-3590 (Squirrel Hill), 724-327-5210/ 412-373-1717

(Monroeville), 412-363-2200 (Pittsburgh), 724-449-9300 (Allison Park), 412-681-1050

(Shadyside), 412-882-7747 (Brentwood), 724-933-9110 (Wexford), 412-384-9030 (Jefferson Hills), 412-673-2200

Children's Hospital of Pittsburgh Primary Care Center: 412-692-6000

www.childrenspeds.com/specialties-and-services/lactation-consulting

Healthy Start Center for Urban Breastfeeding: 412-545-2022, latch@hsipgh.org,

<https://healthystartpittsburgh.org/center-for-urban-breastfeeding/>

International Lactation Consultants Association: 919-861-5577 or 888-452-2478

<http://www.ilca.org/why-ibclc/falc>

Lactation Consultant Services, LLC: 412-212-0377, www.breastfeedinghelps.com

Midwife Center: 412-321-6880 (Breastfeeding class for those between 33 to 37 weeks pregnant) On-site lactation appointments available; <https://midwifecenter.org/pages/class-descriptions>

Nellie R. Wiancko, MS, IBCLC, RLC: 724-493-7880

Home visits for consultation are available. Follow up consultations after discharge from the hospital are available upon request.

Forbes Hospital: 412-858-2483

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)

Madeleine Putzi, MS, CLC: 412-350-4637; madeleine.putzi@alleg ghenycounty.us

La Leche League

Allegheny County Mother Groups: 412-276-5630

Allegheny County Department of Health

Allegheny County Breastfeeding Help Line: 412-687-2243; Monday through Friday, 8:30 a.m. to 4:00 p.m.

Maternal Child Health Programs: 412-247-7950

ALLEGHENY (continued)

Breastfeeding Support Groups

AHN Jefferson Hospital's Nursing Cafe: 412-469-5475

Breastfeeding Moms' Network-Heritage Valley Sewickley: 412-749-7494

Kids Plus Pediatrics: <http://kidspluspgh.com/classes/new-moms-coffee/>

Cranberry: 724-761-2020

Pleasant Hills: 412-466-5004

Squirrel Hill: 412-521-6511

Pittsburgh Black Breastfeeding Circle: <http://www.pghblackbreastfeedingcircle.org/>

St Clair Hospital: 412-942-5875

West Penn Hospital's Nursing Cafe: 412-578-7030

Storkbites: to join the group, send an email to storkbitespa@gmail.com; schedule posted on Facebook

<https://www.facebook.com/groups/storkbitesmoms>

Pacify (free memberships for FCH and WIC participants)

Allegheny County Health Department office of Family Child Health: 412-247-7950,

Family Child Health (signupform.info)

Doula Services Providing Postpartum Lactation Services

Every Child, Inc.: 412-665-0600 (must enroll during 2nd trimester), www.everychildinc.org

Oli's Angels: 412-616-9579

The Birth Circle: 412-441-3701 (must enroll prenatally)

<http://www.upmc.com/Services/family-medicine/treatments/womens-health/Pages/clinical-doula-service.aspx>

Maya Organization: 412-945-7670. www.themayaorganization.org

Kangaroo Birthing and Maternity: 412-552-3087

[kangaroo birthing and Maternity – birthing and maternity concierge](#)

Milk Bank

Mid-Atlantic Mothers' Milk Bank: 412-973-3521

<https://www.midatlanticmilkbank.org/support/classes-programs/>

Area Breast Pump Vendors*

Breastfeeding Center of Pittsburgh (Squirrel Hill and Pleasant Hills): 412-246-4726

Lactation Consultant Services, LLC: 412-212-0377, www.breastfeedinghelps.com

Mommy Gear Pittsburgh SW (Pittsburgh): 888-624-4327

Magee Women's Hospital of UPMC Lactation Center (Oakland): 412-641-1121

Mercy Hospital: 412-232-7135

St Clair Memorial Hospital (Upper Saint Clair): 412-942-5875

West Penn Hospital: 412-578-7030

Storkpump by AdaptHealth (Brick and mortar): 844-993-3740;

orders@storkpump.com; www.storkpump.com

*[*Please reference page 7 for statewide breast pump resources](#)*

ARMSTRONG

Lactation Consultants/Counselors (hospital and birth centers)

*Armstrong County Memorial Hospital: 724-545-3586, woodca@acmh.org

**Breastfeeding classes available*

Lactation Consultants/Counselors in the Community

Children's Community Pediatrics Armstrong: 724-548-2283

Michelle Roth, BA, IBCLC, michelle.roth2@chp.edu

<http://www.childrenspeds.com/specialties-and-services/lactation-consulting>

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)

Samantha Elms, RD, LDN, CLC, Breastfeeding Coordinator: 412-253-8181, selms@adagiohealth.org,

Connie Dilts, Breastfeeding Peer Counselor: 866-942-2778, or 724-954-5637

Area Breast Pump Vendors*

Baird Medical Equipment: 215-884-2990, Klamont@bairdrespiratory.com

Dara Medical Equipment and Supplies: 419-878-8518, <https://www.darahmedical.com/>

Adapt Health (formerly McKesson): 844-727-6667,

<https://mpcs.mckesson.com/web/mpcs/products/breast-pumps>

**Please reference page 7 for statewide breast pump resources*

**NORTHUMBERLAND
(Includes Snyder and Union)**

Lactation Consultants/Counselors (hospital and birth centers)

Evangelical Community Hospital: 570-522-2612

*Geisinger Medical Center Lactation Support Team: 570-271-6560
(Breastfeeding classes and outpatient hours available.)

**Breastfeeding classes/support groups available*

Lactation Consultants/Counselors in the Community

Diane Hertzog, BSN, CLC (visiting nurse): 570-648-8989

Geisinger Medical Center Lactation Support Team: 570-271-6560

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)

Kayla Almoney, Breastfeeding Coordinator (717) 761-7380 Ext. 4235, kayla.almoney@fhccp.org
Shamokin WIC, 570-648-1521 or 877-743-1372

La Leche League

<http://www.llofeasternpa.org/web/DanvillePA.html>

Becky: fraur.anderson@gmail.com

Lisa: lemaelpumphouse@gmail.com

Heather: heather@ButterflyDoula.com

Area Breast Pump Vendors*

Hub Surgical: 570-326-6521

McWilliams Pharmacy: 570-275-1140

*[*Please reference page 7 for statewide breast pump resources](#)*

PERRY

Lactation Consultants/Counselors (hospital and birth centers)

*Chambersburg Hospital: 717-267-7781

*Penn State Hampden: 717-981-9000

*UPMC Magee Carlisle: 717-960-3409

*UPMC Magee Harrisburg, 717-782-5372: 717-782-5372 Free

Breastfeeding classes: 717-221-6255

Outpatient lactation consultations (patients only): 717-782-5372

**Breastfeeding classes/support groups available*

Lactation Consultants/Counselors in the Community

Leslie Cree, IBCLC (Mechanicsburg): 717-795-1712, lactationleslie@gmail.com

Shannon Lilienthal, IBCLC (Mechanicsburg): 717-712-6822, www.harrisburgbreastfeeding.com

Suzy Wilkinson, RN, IBCLC (Chambersburg): 717-264-2520

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)

Cumberland Perry WIC Program: 717-243-0523 or 877-743-1372

Courtney Womack, CLC, BFPC Coordinator: 717-686-4233 or 717-612-0861,

courtney.womack@fhccp.org

Ashley Davis, Breastfeeding Peer Counselor: 717-448-1295, ashley.davis@fhccp.org

La Leche League

Carlisle:

Molli: 717-258-9608, mviora11@earthlink.net

Chambersburg:

Marah Sollenberger: 717-658-0779, mrs.solly4@gmail.com

Harrisburg/Mechanicsburg:

Kathleen: 717-761-8165, savages@paonline.com

Maureen: 717-540-7700

Elizabeth: 717-939-2799

Ruth: 717-238-0223

Breastfeeding Support Groups

Juniata/Mifflin/Perry County Breastfeeding Group:

<https://www.facebook.com/groups/CentralPABreastfeedingSupport/>

Amanda Yohn: 717-554-4152, LLLamandaY@gmail.com

Shalee Ellis: 717-649-8441, shaleedrake@gmail.com

Veronica Wheatley: 410-330-5598, blondegurl_23@yahoo.com

Nursing Mother's Counselors of Harrisburg PA:

Shelly Silber: 717-422-3200

Beth Lewis: 937-474-9783

OM Baby, Camp Hill: 717-761-4975, www.ombabycenter.com

PERRY (continued)

Area Breast Pump Vendors*

Clear Care Corporation (Clearfield): 800-464-2273
Comprehensive Birth Support (Hummelstown): 717-533-7308
GSH Home Med Care (Lebanon): 717-272-2057
GSH Home Medical Care, Inc. (Palmyra): 717-838-7511
Hershey Medical Center (Hershey): 717-531-3754
Quality Care Pharmacy (Carlisle): 717-249-5691
Suzy Wilkinson, RN, IBCLC (Chambersburg): 717-264-2520

*[*Please reference page 7 for statewide breast pump resources](#)*

PHILADELPHIA

Lactation Consultants/Counselors (hospital and birth centers)

Albert Einstein Medical Center (Einstein Lactation Line): 215-456-5751
Children's Hospital of Philadelphia: 215-590-1089
Hospital of the University of Pennsylvania Warm Line: 215-662-2361
Lifecycle WomanCare: 610-525-6086, www.lifecyclewomancare.org
Pennsylvania Hospital Warm Line: 215-829-3644
Solutions for Women at Pennsylvania Hospital: 215-829-5046
St. Christopher Hospital: 215-279-4489; ileana.berrios@towerhealth.org
Thomas Jefferson University Hospital: 215-955-6665

Lactation Consultants/Counselors in the Community

Amy Siegrist, BS, IBCLC: 484-919-1027, amy@breastfeedingbond.com, www.breastfeedingbond.com
Breastfeeding Resource Center: 215-886-2433, www.BreastfeedingResourceCenter.org
Colette M. Acker, IBCLC, Executive Director: 215-886-2422 www.BRC4Babies.com
Carol Tenneriello, RN, IBCLC: 215-248-0197, milkyway4@verizon.net
Center City Pediatrics: 215-735-5600, www.centercitypediatrics.com
Linda Derbyshire, BS, IBCLC: 610-316-9157, lindaderby@verizon.net
Children's Hospital of Philadelphia: 215-590-4442, lessenr@email.chop.edu
Gordana Chelsvig, RD, IBCLC: 610-667-1588
Judy Crouthamel, RNC, BSN, IBCLC: 610-584-6111, www.amazingnewborn.com
Karen Peterson, BSED, CPD CAPP, CLC: (610) 809-1487, kpeterson@theppf.org
Ileana Berrios, BHS, IBCLC: 267-800-8090, ileana@breastfeedinglatinas.org,
www.breastfeedinglatinas.org
Linda Ivker, RN, BSN, IBCLC: 215-512-0075
Lisa Mandell, MBA, IBCLC (Villanova): 610-517-9552, milkyway4@verizon.net, www.lisamandell.com
Lisa Broderick-Cohen, BA, IBCLC: 215-407-1422, lisa@blissedoutmamas.com,
www.blissedoutmamas.com
Liz Brooks, JD, IBCLC: 215-836-9088, liz.brooks@yahoo.com
Pettaway Pursuit Foundation Onsite Certified Lactation Counselors: (610) 553-5481,
www.pettawaypursuitfoundation.org/on-site-services
Rachel Gazda, BSW, IBCLC: 267-225-2382, rkgazda@gmail.com or freedom2feed@gmail.com
Rosalie Kmiec RN, IBCLC, CBE: 610-322-4932, rosalie2@gmail.com
Solutions for Women at Pennsylvania Hospital: 215-829-5046
Thomas Jefferson University Hospital: 215-955-6665

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)

Breastfeeding counseling available to WIC participants at every Philadelphia WIC office
Denise Sobolewski, Breastfeeding Coordinator: 215-978-6100, ext. 1907, dsobolewski@northwic.org

La Leche League

Philadelphia: www.llofeasternpa.org

PHILADELPHIA (continued)

Breastfeeding Support Groups:

Center City Pediatrics: 215-735-5600, www.centercitypediatrics.com

Children's Hospital of Philadelphia, Karabots Pediatric Center: 267-425-9800

Congreso: 215-763-8870

Hospital of the University of Pennsylvania: 215-662-2361

Lifecycle WomanCare: 610-525-6086, www.lifecyclewomancare.org

Maternity Care Coalition North Philadelphia Breastfeeding & Community Doula Program:

Naima Black, Program Manager: 215-386-3804, nblack@maternitycarecoalition.org

Jenn Calix, Bi-Lingual Breastfeeding Coordinator: 215-495-8929,

calix@maternitycarecoalition.org

Iris Kimbrough, Program Assistant: 610-382-5739, ikimbrough@maternitycarecoalition.org

Northeast MOMobile Classic (free home-based support):

Arnetta Stewart, CLC: 215-713-3714, ASTewart@maternitycarecoalition.org

Philadelphia Health Center: 215-685-0602

Pennsylvania Hospital: 215-829-3644

Pettaway Pursuit Foundation Lactation Station: (610) 553-5481, www.pettawaypursuitfoundation.org

Thomas Jefferson University Hospital, Mothers' Breastfeeding and Pumping Group: 215-955-6665

Breastfeeding Help Lines

Albert Einstein Medical Center Warm Line: 215-456-5751

Hospital of the University of Pennsylvania Warm Line: 215-662-2361

Mt. Airy/Chestnut Hill Nursing Mothers Advisory Council Breastfeeding Helpline: 215-572-8044

Pennsylvania Hospital Warm Line: 215-829-3644

Area Breast Pump Vendors*

Children's Hospital: 267-426-5325

Breastfeeding Resource Center: 215-886-2433

Bridget Welsh: 215-855-3944, bridgetwelsh@gmail.com

Joanne Siciliano (Ardmore): 610-649-7769, thepumplady@gmail.com

Judy Crouthamel (Skipack): 610-584-6111

Pennsylvania Hospital: 215-829-5046

*[*Please reference page 7 for statewide breast pump resources](#)*

PIKE

Lactation Consultants/Counselors (hospital and birth centers)

*Lehigh Valley Health - Pocono: 570-476-3584

*Wayne Memorial Hospital: 570-253-3005

**Breastfeeding classes available*

WIC Breastfeeding Support/Breast Pumps

Mackenzie Payne, CLC, WIC Breastfeeding Coordinator: 570-899-6242,

mpayne@mfhs.org

Lactation Consultants/Counselors in the Community

Brittany Kimble, RN, BSN, ICBLC: 570-647-5819; www.kimblelactation.com

La Leche League

Sarah: 570-350-7327

Theresa: 570-688-0858

Area Breast Pump Vendors*

Lactation Station & More: 570-350-7327

**Please reference page 7 for statewide breast pump resources*

POTTER

Lactation Consultants/Counselors (hospital and birth centers)

UPMC Cole Memorial Hospital: 814-274-9300

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)

North Central PA Regional Planning and Development Comm. WIC Ridgway: 814-776-1106

Julie Kasmierski, RN, BSN, CLC, Breastfeeding Coordinator: 814-773-3162 ext. 3029,

jkasmierski@ncentral.com

Angela Martin Breastfeeding Peer Counselor: 814-594-2951

Kasey Hull: 814-594-1052

Potter County Breastfeeding Coalition

Dr. Mary Ann Rigas: 814-274-9198

Area Breast Pump Vendors* and Purchase* (general public)

Cole Care: 814-274-9301, ext. 1243

St. Mary's Pharmacy Home Medical (St. Mary's, Clearfield, Kane, Brookville, and DuBois): 800-876-3442

*[*Please reference page 7 for statewide breast pump resources](#)*

SCHUYLKILL

Lactation Consultants/Counselors (hospital and birth centers)

*Lehigh Valley Hospital - Schuylkill: 570-621-5234

Breastfeeding classes: 570-621-5239

**Breastfeeding classes available*

Lactation Consultants/Counselors in the Community

Diane Hertzog, BSN, CLC (visiting nurse): 570-648-8989

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)

Mackenzie Payne, CLC, WIC Breastfeeding Coordinator: 570-899-6242,

mpayne@mfhs.org

Area Breast Pump Vendors*

Apria Healthcare: 570-622-6320

Keystone medical Equipment: 570-688-2568

*[*Please reference page 7 for statewide breast pump resources](#)*

SNYDER

Lactation Consultants/Counselors (hospital and birth centers)

Evangelical Community Hospital: 570-522-2612

Geisinger Medical Center Lactation Support Team: 570-271-6560

Lactation Consultants/Counselors in the Community

Diane Hertzog, BSN, CLC (visiting nurse): 570-648-8989

Geisinger Medical Center Lactation Support Team: 570-271-6560

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)

Kayla Almoney, Breastfeeding Coordinator (717) 761-7380 Ext. 4235, kayla.almoney@fhccp.org

Shamokin Dam WIC Program, 570-374-8261 or 877-743-1372

La Leche League

<http://www.llofeasternpa.org/web/DanvillePA.html>

Becky: fraur.anderson@gmail.com

Lisa: lemaelpumphouse@gmail.com

Heather: heather@ButterflyDoula.com

Area Breast Pump Vendors*

Hub Surgical: 570-326-6521

McWilliams Pharmacy: 570-275-1140

[*Please reference page 7 for statewide breast pump resources](#)

SOMERSET

Lactation Consultants/Counselors (hospital and birth centers)

*Conemaugh Memorial Medical Center: 814-534-3144

**Breastfeeding classes available*

Lactation Consultants/Counselors in the Community

Somerset OB/GYN Associates: 814-445-3535

Whitney Orlandi, Community Breastfeeding Counselor: 223-800-8703

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)

Kayla Almoney, Breastfeeding Coordinator (717) 761-7380 Ext. 4235, kayla.almoney@fhccp.org

Somerset WIC Program: 814-443-1901 or 877-743-1372

Marcia Ball, Breastfeeding Peer Counselor: 570-336-9941, marcia.ball@fhccp.org

Heidi Koppenhofer, LPN, IBCLC: 800-352-3532, ext.1103

Area Breast Pump Vendors*

MedCare Equipment Company: 888-694-4564

Mommy Gear: 888-624-GEAR

Somerset Medical Supplies: 814-443-1496

[*Please reference page 7 for statewide breast pump resources](#)

SULLIVAN

Lactation Consultants/Counselors (hospital and birth centers)

*Moses-Taylor Hospital: 570-340-3011

**Breastfeeding classes available*

WIC Breastfeeding Support/Breast Pumps (for WIC participants)

Mackenzie Payne, CLC, WIC Breastfeeding Coordinator: 570-899-6242,
mpayne@mfhs.org

La Leche League

Georgeanne (Scranton): 570-348-0890

Meira: 419-973-3313

Area Breast Pump Vendors*

Moses Taylor Hospital (Scranton): 570-770-5518

**Please reference page 7 for statewide breast pump resources*

SUSQUEHANNA

Lactation Consultants/Counselors (hospital and birth centers)

*Moses-Taylor Hospital: 570-340-3011

**Breastfeeding classes available*

Lactation Consultants/Counselors in the Community

Sarah Glenn, CCE, CD, IBCLC: 570-350-7327, Sarahg68@yahoo.com

WIC Breastfeeding Support/Breast Pumps (for WIC participants)

Mackenzie Payne, CLC, WIC Breastfeeding Coordinator: 570-899-6242,
mpayne@mfhs.org

La Leche League

Holly: 717-826-7748

Tania: 570-492-0541

Area Breast Pump Vendors*

Lactation Station & More: 570-350-7327

**Please reference page 7 for statewide breast pump resources*

TIOGA

Lactation Consultants/Counselors (hospital and birth centers)

*Memorial Hospital: 570-268-2252

*Robert Packer Hospital: 570-882-5034

Soldiers and Sailors Memorial Hospital: 570-723-7764

**Breastfeeding classes available*

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)

Mackenzie Payne, CLC, WIC Breastfeeding Coordinator: 570-899 6242,

mpayne@mfhs.org

Area Breast Pump Vendors*

Towanda Memorial Hospital (Towanda): 570-268-2252

**Please reference page 7 for statewide breast pump resources*

UNION

Lactation Consultants/Counselors (hospital and birth centers)

Evangelical Community Hospital: 570-522-2612

Geisinger Medical Center Lactation Support Team: 570-271-6560

Breastfeeding classes and outpatient hours available

Lactation Consultants/Counselors in the Community

Diane Hertzog, BSN, CLC (visiting nurse): 570-648-8989

Geisinger Medical Center Lactation Support Team: 570-271-6560

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)

Kayla Almoney, Breastfeeding Coordinator (717) 761-7380 Ext. 4235, kayla.almoney@fhccp.org

Shamokin Dam WIC Program, 570-374-8261 or 877-743-1372

La Leche League

<http://www.llofeasternpa.org/web/DanvillePA.html>

Becky: fraur.anderson@gmail.com

Lisa: lemaelpumphouse@gmail.com

Heather: heather@ButterflyDoula.com

Area Breast Pump Vendors*

Hub Surgical: 570-326-6521

[*Please reference page 7 for statewide breast pump resources](#)

VENANGO

Lactation Consultants/Counselors (hospital and birth centers)

*UPMC Northwest: 814-676-7845

**Breastfeeding classes and weekly support groups available*

WIC Breastfeeding Support/Counseling/Breast Pumps (for WIC participants only)

Venango/Forest:

Kelly Rodrigues, Breastfeeding Coordinator: 724-981-6154, krodrigues@svurbanleague.org

Sarah Irwin, Breastfeeding Peer Counselor: (office) 814-432-9892, (cell) 724-866-5785

La Leche League

Venango:

Susan Carlson: 814-677-3651 or 814-758-3756, carlson_susan@hotmail.com

Lactation Consultants/Counselors (hospitals and birthing centers)

UPMC Northwest: Cheryl Siverling, Department Director: 814-676-7845

Prenatal Breastfeeding Class: Christine Henry, CLC

Area Breast Pump Vendors*

UPMC Northwest Auxiliary: 814-676-7600

*[*Please reference page 7 for statewide breast pump resources](#)*

WARREN

Lactation Consultants/Counselors (hospital and birth centers)

Warren General Hospital: 814-723-3300, ext. 1681

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)

Dawn Venman, RD, LDN, CLC: 814-726-1093, dvenman@mmchs.org

Lori Gallagher, CLC, BFPC: 814-724-0839

Area Breast Pump Vendors* /Purchase*

Apria Healthcare: 814-726-7000

Gaughn's Drug Store: 814-723-2840

Med Care Equipment Co. Warren County/Jamestown, NY: 716-664-5092 or 800-503-5554

Seneca Home Health: 814-723-1155

*[*Please reference page 7 for statewide breast pump resources](#)*

WASHINGTON
(Includes Greene)

Lactation Consultants/Counselors (hospital and birth centers)

*The Washington Hospital: 724-250-4476

**Breastfeeding classes and out-patient lactation consults (fee for service) available*

Lactation Consultants/Counselors

Children's Community Pediatrics: 724-483-2040

WIC Lactation Consultants/Breast Pumps (for WIC participants only)

Chandra Dyne, CLC, Breastfeeding Coordinator: 724-225-9550 ext. 441, cdyne@myblueprints.org

*WIC Peer Counselors: 724-225-9550, ext. 449

**Breastfeeding classes available*

La Leche League

llofwashco@gmail.com, <https://lalecheleagueofpeters.wordpress.com/>

Cindy: 724-746-2188

Jackie: 412-398-5505

Heidi: 724-916-4817

Janet: 412-854-4814

Kate: 724-941-2370

Madeline: 724-941-2248

Breastfeeding Help Lines

Allegheny County Breastfeeding Hotline: 412-247-1000

Breastfeeding Support Groups

The Washington Hospital, Breastfeeding Support Group: 724-250-4476

Storkbites – to join the group, send an email to storkbitespa@gmail.com; schedule posted on Facebook
<https://www.facebook.com/groups/storkbitesmoms>

Southwestern Pennsylvania Breastfeeding Coalition

Judy Gutowski, IBCLC: 724-832-2507

Michelle Kasmer, IBCLC: 724-244-9135

Area Breast Pump Vendors*

MedCare Equipment Company: 800-503-5554

Magee Women's Hospital: 412-641-1121

St Clair Memorial Hospital (Upper Saint Clair): 412-942-5875

*[*Please reference page 7 for statewide breast pump resources](#)*

WAYNE

Lactation Consultants/Counselors (hospital and birth centers)

*Wayne Memorial Hospital: 570-253-3005

**Breastfeeding classes available*

Lactation Consultants/Counselors in the Community

Sarah Glenn, CCE, CD, IBCLC: 570-350-7327, Sarahg68@yahoo.com

Brittany Kimble, RN, BSN, ICBLC: 570-647-5819; www.kimblelactation.com

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)

Mackenzie Payne, CLC, WIC Breastfeeding Coordinator: 570-899-6242,

mpayne@mfhs.org

Area Breast Pump Vendors*

Lactation Station & More: 570-350-7327

Northeast Medical Equipment: 570-253-7700

Brundage's Waymart Pharmacy: 570-488-7979, www.brindagesrx.com

**Please reference page 7 for statewide breast pump resources*

WESTMORELAND

Lactation Consultants/Counselors (hospital and birth centers)

Excelsa Westmoreland Hospital: 724-832-4166, 878-645-0519

Lactation Consultants/Counselors in the Community

Children's Community Pediatrics: 724-832-0850 (Greensburg), 724-547-5103 (Mount Pleasant),
Lactation Consultant Services, LLC: 412-212-0377, www.breastfeedinghelps.com

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)

Michelle Kasmer, IBCLC, Breastfeeding Coordinator: 724-244-9135, mkasmer@sphs.org
Shannon Christner, CLC, Breastfeeding Peer Counselor: 724-244-8952 (cell)

La Leche League

Dawn (Ligonier): 724-238-5796

Sara (Ligonier): 724-953-4848

Stephanie (Greensburg): 724-610-9784, greensburgpalll@gmail.com

Breastfeeding Classes

Excelsa Health, Call Center: 877-771-1234, www.excelahealth.org

Family Child Health: 412-247-7950

Area Breast Pump Vendors*

Lactation Consultant Services, LLC: 412-212-0377, www.breastfeedinghelps.com

Mommy Gear: 888-624-4327 or 724-238-9633, www.mommygear.com

*[*Please reference page 7 for statewide breast pump resources](#)*

WYOMING

Lactation Consultants/Nurses (in-hospital)

*Geisinger Wyoming Valley Medical Center: 570-808-5534

*Moses-Taylor Hospital: 570-340-3011

**Also provide breastfeeding classes*

Lactation Consultants/Counselors in the Community

Sarah Glenn, CCE, CD, IBCLC: 570-350-7327, Sarahg68@yahoo.com

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)

Mackenzie Payne, CLC, WIC Breastfeeding Coordinator: 570-899-6242,
mpayne@mfhs.org

Breastfeeding Support

NEPA Breastfeeding Center: 570-288-6543, www.NEPAbreastfeeding.com (accepts all insurance)

La Leche League

Victoria: 570-836-3013

Karen: 570-388-2664

Area Breast Pump Vendors*

Lactation Station & More: 570-350-7327

[*Please reference page 7 for statewide breast pump resources](#)

YORK

Lactation Consultants/Counselors (hospital and birth centers)

UPMC Hanover Hospital: 717-316-2262

UPMC Memorial Hospital: 717-849-5594

York Hospital: 717-851-2953

NICU: 717-851-4490

Lactation Consultants/Counselors in the Community

Hanover Pediatric Associates Patients: 717-632-8944

Lorna Deibert, RN, IBCLC: 717-849-5594

Melanie Myers (home visits, virtual consults): 717-292-8656, hello@melaniemysibclc.com

www.melaniemysibclc.com

Wellspan Breastfeeding Services: 717-851-7560

York Hospital: 717-851-2953

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)

Charlotte Dorsey, CLC, Breastfeeding Coordinator: 717-843-7942, ext. 113, cdorsey@yorkcpc.org

Hazel Fuentes, CLC Breastfeeding Nutritionist: 717-843-7942, Ext 115, hfuentes@yorkcpc.org (Spanish)

24/7 WIC Breastfeeding Hotline: 717-818-9848

La Leche League

York: 717-814-8221, llofyorkco@gmail.com

Susquehanna Valley Breastfeeding Coalition

Hazel Fuentes, MPH, CLC, Breastfeeding Nutritionist: 717-843-7942, ext,115, hfuentes@yorkcpc.org

Charlotte Dorsey, RD, CLC, Breastfeeding Coordinator: 717-843-7492, ext. 113, cdorsey@yorkcpc.org

Breastfeeding Support Group

UPMC Hanover Maternity Support Groups: 717-316-2262

Mason Dixon Library in Stewartstown: 443-388-4229

UPMC Memorial Hospital Breastfeeding Support Groups: 717-849-5594

York Hospital: 717-851-2241, www.wellspan.org/parenteducation (breastfeeding classes)

Area Breast Pump Vendors*

York Hospital: 717-851-2953 (and other lactation supplies)

Storkpump by AdaptHealth (Brick and mortar): 844-993-3740; orders@storkpump.com; www.storkpump.com

[*Please reference page 7 for statewide breast pump resources](#)

BREASTFEEDING INFORMATION FOR PARENTS

Breastfeeding Organizations and Advocacy Groups

- Pennsylvania Organizations
 - Pennsylvania Breastfeeding Awareness and Support Program: <https://www.health.pa.gov/topics/programs/Breastfeeding/Pages/Breastfeeding.aspx>
 - Pennsylvania Breastfeeding Coalition: www.pabreastfeeding.org
 - Pennsylvania Resource Organization for Lactation Consultants: www.prolc.org
 - Pennsylvania Mid-State Lactation Coalition: <https://www.facebook.com/PAMILC>
 - Western Pennsylvania Lactation Consultant Association: <http://wplca.net>
 - Healthy Baby Helpline: 800-986-BABY (2229)
 - Pennsylvania WIC (Women's, Infants and Children) Program: www.pawic.com
- National Organizations
 - Baby-Friendly Hospital Initiative, USA: www.babyfriendlyusa.org
 - Centers for Disease Control and Prevention (CDC): www.cdc.gov/breastfeeding
 - U.S. Department of Health and Human Services: www.womenshealth.gov/breastfeeding
 - March of Dimes (information about preterm babies): www.marchofdimes.com
 - National Association of Pediatric Nurse Practitioners: <http://www.napnap.org/index.aspx>
 - United States Breastfeeding Committee: www.usbreastfeeding.org
 - National Breastfeeding Center: <https://www.nbfcenter.com/>
 - United States Lactation Consultant Association: www.uslca.org
- International Organizations
 - UNICEF: www.unicef.org
 - World Health Organization (WHO): www.who.int/topics/breastfeeding/en
 - Healthy Children: www.healthychildren.cc
 - International Lactation Consultant Association: www.ilca.org
 - La Leche League International (LLL): www.llli.org
 - World Alliance for Breastfeeding Action: www.waba.org.my/
 - Bright Future Lactation Resource Center: <https://bflrc.org/>
 - Best for Babes: www.bestforbabes.org
 - World Alliance for Breastfeeding Action: www.waba.org.my

Workplace Breastfeeding Information

- Break Time for Nursing Mothers under the Fair Labor Standards Act (FLSA). <http://www.dol.gov/whd/regs/compliance/whdfs73.pdf>
How to file a complaint when an employer does not provide accommodations for nursing employees.
- Workplace Flexibility 2010: www.workplaceflexibility2010.org
- Work and Pump: www.workandpump.com
Internet home for information about breastfeeding for working moms.
- Parenting in the Workplace Institute: www.babiesatwork.org
Offers "resources and assistance for the successful, sustainable implementation of business programs in which parents can bring their children to work and care for them while doing their jobs."
- Pregnant at Work: <https://www.pregnantatwork.org/>
Provides information for pregnant/parenting women, healthcare professionals, employers, and attorneys through their FREE legal hotline 415-703-8276.

Workplace Breastfeeding Support Legislation

- Patient Protection and Affordable Care Act: www.dol.gov/whd/regs/compliance/whdfs73.htm
(Department of Labor fact sheet that explains the accommodations businesses are required by law to provide to breastfeeding employees.)

- Health Resources and Services Administration Business Case for Breastfeeding webpage: <https://www.womenshealth.gov/breastfeeding/breastfeeding-home-work-and-public/breastfeeding-and-going-back-work/business-case>
This page provides numerous resources in support of breastfeeding-friendly worksites.
- Pregnant at Work: <https://www.pregnantatwork.org/>
Provides information for pregnant/parenting women, healthcare professionals, employers, and attorneys through their FREE legal hotline 415-703-8276.

Finding a Lactation Consultant

- International Lactation Consultant Association: www.ilca.org/i4a/pages/index.cfm?pageid=3337
The website for the International Lactation Consultant Association has a “Find a Lactation Consultant” feature to help you find a Lactation Consultant near you.
- ZipMilk: www.zipmilk.org; Updated by the Pennsylvania Breastfeeding Coalition.

Breastfeeding Multiples

- Le Leche League: www.llli.org
Use search feature to find articles about nursing twins and higher order multiples.
- Jumelle Breastfeeding Resources: www.multiplebirthsfamilies.com/breastfeeding.html
Canadian website for parents of multiples with some helpful tips for breastfeeding twins and triplets.

Preterm Babies

- Le Leche League: www.llli.org
Use search feature to find articles about nursing and pumping for preterm babies.
- International Breastfeeding Centre: http://www.nbc.ca/index.php?option=com_content&id=70:breastfeeding-the-premature-baby&Itemid=17
Breastfeeding at the Premature Baby by the non-profit International Breastfeeding Center (with Dr. Jack Newman, a renowned breastfeeding expert).

Low Milk Supply

- Low Milk Supply: www.lowmilksupply.org
Information, as well as mother-to-mother support, for women struggling with milk supply issues.

Breastfeeding after Breast Reduction Surgery

- Breastfeeding after Breast and Nipple Surgery: www.bfar.org
Information and support for mothers who wish to breastfeed after breast or nipple surgery.
- Inducing Lactation: <http://www.asklenore.info/breastfeeding/abindex.shtml>:
A resource for those who are expanding their families by adoption, surrogacy or pregnancy, with articles on breastfeeding your “intended, premature or adopted baby.” “Lenore” is Lenore Goldfarb, B. Comm, B. Sc., Dip.C., IBCLC, who is a Lactation Educator, International Board Certified Lactation Consultant, and co-author of the Newman-Goldfarb protocols for Induced Lactation: The Guide for Maximizing Milk Supply (with Dr. Jack Newman, a renowned breastfeeding expert).

Medications While Breastfeeding

- Infant Risk Center: 806-352-2519, 9 a.m. to 6 p.m., <http://www.InfantRisk.org>
Breastfeeding pharmacology (Thomas Hale, R.Ph. Ph.D.)
- Hale, T. W., R.Ph, Ph.D., *Medications and Mothers' Milk*. 14th ed. Amarillo, TX: Hale Publishing, 2010. (Excellent reference, updated frequently)
- LactMed: <http://toxnet.nlm.nih.gov/cgi-bin/sis/htmlgen?LACT> (free on-line drug database)
- Mother To Baby: 866-626-6847 or Text 855-999-3525
Medications and more during pregnancy and breastfeeding. Download and print fact sheets or talk directly to an expert. Email or live chat by visiting www.MotherToBaby.org

Education Materials for Parents

- Free downloads
 - PA Department of Health: <https://www.health.pa.gov/topics/programs/Breastfeeding/Pages/Breastfeeding.aspx>
 - US Department of Health and Human Services: <http://www.womenshealth.gov/breastfeeding/>
 - Thomas Hale website: <http://www.breastfeedingonline.com/meds.shtml>
 - Academy of Breastfeeding Medicine: www.bfmed.org (also offers free educational podcast on itunes)
 - CDC: www.cdc.gov/breastfeeding (crib cards, AHRQ report)
 - Growth Charts: <http://www.cdc.gov/growthcharts/>
www.who.int/childgrowth/standards/chart_catalogue/en/index.html
 - Speak-Up: What you need to know about breastfeeding from The Joint Commission http://www.jointcommission.org/topics/speak_up_infant_and_childrens_health.aspx
 - Breastfeeding Made Simple: www.breastfeedingmadesimple.com
Lactation consultant and author of *Breastfeeding Made Simple*, Nancy Mohrbacher maintains this website full of helpful information on such as topics as nipple pain, depression, dealing with difficult birth, and common breastfeeding challenges. There are links to a five-minute video of latch (soundtrack in English and Spanish) and a video produced by UNICEF India showing a baby crawling to the breast.
 - Kelly Mom: www.kellymom.com
Evidence-based and user-friendly, this website is full of information from breastfeeding humor and little-known facts to breastfeeding hand-outs in many languages and such “hot topics” as West Nile virus and breastfeeding. Page of links for Dads, too!
- For purchase (Books, AV materials, videos, brochures, etc.)
 - www.noodlesoup.com
 - www.childbirthgraphics.com
 - www.healthed.com
 - www.babygooroo.com
 - www.breastfeedingmaterials.com
 - www.ibreastfeeding.com
 - www.dshs.state.tx.us/wichd/bf/videos.shtm (Low-cost videos in English and Spanish)
- Materials in Other Languages
 - Philadelphia Department of Public Health: www.phila.gov/health/MCFH/BreastfeedingPromotion.html
 - Lancaster General Women and Babies Hospital: <http://www.lancastergeneralhealth.org/Healthwise/Document.aspx?id=ue5284>
 - Baby-Friendly UK: www.babyfriendly.org.uk/parents/byb.asp
(Arabic, Bengali, Chinese, Gujarti, French, Hindi, Mirpuri, Portuguese, Punjabi, Somali, Spanish, Tamil, Turkish, Urdu, Vietnamese)
 - Breastfeeding Taskforce of Greater Los Angeles (Spanish): <http://breastfeedla.org/for-parents/>
 - EthnoMed: <http://www.Ethnomed.org>
 - Massachusetts Breastfeeding Coalition: <http://massbfc.org>
- Streaming Videos for Parents
 - <http://www.peelregion.ca/health/family-health/breastfeeding/resources/video/index.htm#prettyPhoto> (in English, Chinese - Mandarin, French, Punjabi, Spanish, Urdu and Vietnamese)
 - Postpartum Depression: Dr. Katherine-Kendall Tackett, www.UppityScienceChick.com
- Reference Texts and Clinical Resources
 - Spangler, Amy, *Breastfeeding – A Parent’s Guide*, 2010 by Amy Spangler
 - Wiessinger, Diane, West, Diana and Pitman, Teresa, *The Womanly Art of Breastfeeding*, Ballantine Books, 2010.

BREASTFEEDING INFORMATION FOR HEALTHCARE PROVIDERS

Clinical Protocols

- Academy of Breastfeeding Medicine: www.bfmed.org (Website contains 24 protocols to serve as guidelines for the care of breastfeeding mothers and infants).

Medications While Breastfeeding

- Lactation Study Center/University of Rochester: rlaw@neonate/pediatrics.rochester.edu
- 585-275-0088 (For physicians only): Information on lactation or medications in lactation, usually answer questions immediately.
- LactMed: <https://toxnet.nlm.nih.gov/newtoxnet/lactmed.htm>
- Palm and iPhone software for physicians: <http://massbfc.org/providers>

Reference Texts and Clinical Resources

- AAP/ACOG physician handbook: American Academy of Pediatrics and American College of Obstetricians and Gynecologists, Breastfeeding Handbook for Physicians, 2006.
- Useful handbook for office staff: Mohrbacher Nancy, IBCLC. Breastfeeding Answers Made Simple – A guide for helping mothers. Hale Publishing, 2010.
- Comprehensive medical reference: Lawrence, Ruth, A., MD and Lawrence, Robert M, MD., Breastfeeding: A Guide for the Medical Profession. 7th ed. Maryland Heights, MO: ElsevierMosby, 2011.
- Widely used parent guides: Newman, Jack, MD and Pitman, Teresa, The Ultimate Breastfeeding Book of Answers, New York: Random House, 2006.

Billing for Lactation Services

- Guidance on Billing Codes and Requirements: www.aap.org/breastfeeding/files/pdf/CODING.pdf
- Medical Organizations and Billing
 - Academy of Breastfeeding Medicine (ABM): www.bfmed.org
 - American Academy of Pediatrics (AAP): www.aap.org/breastfeeding

On-line Continuing Education Credits

- CMEs: www.breastfeedingtraining.org/
- <http://www.hriainstitute.org/breastfeedingcme/>
- Keystone 10 <https://cme.hs.pitt.edu/ISER/app/home/displayMainPage?site=paaap>

Tutorials

- AAP Breastfeeding Residency Curriculum: <https://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/Breastfeeding/Pages/default.aspx>
- Wellstart International Lactation Management: www.wellstart.org/Self-Study-Module.pdf
- Breastfeeding Online: www.breastfeedingonline.com
- National Breastfeeding Center: 855-777-6232, <https://www.nbfcenter.com/>
 - For corporations: Assistance to implement an employee breastfeeding program
 - For physician offices: Information to support breastfeeding mothers in your practice
- International Board of Lactation Consultant Examiners (IBLCE): www.iblce.org/
 - Provides information on how to become a board-certified lactation consultant
- Training in the use of the growth charts (recommended for use by the AAP): http://www.cdc.gov/nccdphp/dnpao/growthcharts/who/index.htm?s_cid=govD_dnpao_153

Research Publications and Sites

- Childbirth Connection (formerly Maternity Center Association): www.childbirthconnection.org

Free downloads, including the Milbank Report and the Listening to Mothers survey
The Cochrane Collaboration: www.cochrane.org (website search: breastfeeding)

- Streaming Videos for Teaching
 - Initiation of Breastfeeding and Skin to Skin: <http://www.breastcrawl.org/> (newborn doing “breast crawl” from UNICEF India)
 - Video clips by Jack Newman, MD <https://ibconline.ca/>
Clips illustrate: reverse pressure softening, vasospasm, use of lactation aides, breast compression, tongue-tie release and latching
 - Hand Expression of Human Milk: <http://newborns.stanford.edu/Breastfeeding/HandExpression.html>
 - Latch Trick: www.drmmomma.org/2010/08/breastfeeding-latch-trick.html
 - Breastfeeding Made Simple: www.breastfeedingmadesimple.com
Seven natural laws for breastfeeding, the case for breastfeeding, common breastfeeding challenges, books, and videos.
 - Stanford Medicine: <http://newborns.stanford.edu/Breastfeeding/>
This site features pediatrician Jane Morton, MD. Videos online including Maximizing Milk Production (excellent for mothers of ICN babies!), ABCs of Breastfeeding, Hand Expression, a screening tool for five to seven-day-old babies called “Is Breastfeeding Going Well,” and more.
 - Hand Expression, Stanford Medicine: <http://newborns.stanford.edu/Breastfeeding/HandExpression.html>
 - Teaching paced bottle-feeding: <http://www.youtube.com/watch?v=UH4T70OSzGs>

Pennsylvania Chapter, American Academy Pediatrics Breastfeeding Programs

- Keystone 10
- First Food

For more information, email Dottie Schell, Program Director dschell@paaap.org or Devon Gilinger, Program Manager, dgilinger@paaap.org.