

WEBSITES



Breastfeeding Basics & Support

www.ilca.org
www.kellymom.com
www.lalecheleague.org
www.health1.org/lactation.asp
www.4woman.gov/breastfeeding/index.htm
www.babycenter.com/baby/babybreastfeed.index
www.breastfeeding.com
www.breastfeedingonline.com
www.medela.com/NewFiles/bfdginfo.html

Products

www.aventamerica.com
www.bosombuddies.com
www.ameda.com/index.asp
www.whittlestone.com

RECOMMENDED READING

The American Academy of Pediatrics New Mother's Guide to Breastfeeding

Joan Younger Meek (Editor)

Bestfeeding

Mary Renfrew, Chloe Fisher, Suzanne Arms

The Complete Book of Breastfeeding

Marvin Eiger, Sally Olds

Dr.Mom's Guide to Breastfeeding

Marianne Neifert

The Nursing Mother's Companion

Kathleen Huggins

Nursing Your Baby

Karen Pryor

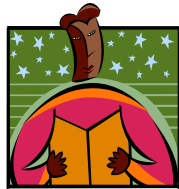
Amy Spangler's Breastfeeding: A Parent's Guide

Secrets of the Baby Whisperer

Tracy Hogg

The Womanly Art of Breastfeeding

Gwen Gotsch, Anwar Fazal, Judy Torgus



Public Health... Everyday, Everywhere, Everyone



Breastfeeding Resources



**A complete resource
guide on breastfeeding**

Jefferson County Public
Health

(303) 232-6301

www.jeffco.us/health

May 2011

Jefferson County Public Health
303-232-6301
www.jeffco.us/health

Public Health...Everyday, Everywhere, Everyone

Support Services & Lactation Consultants

WIC

Lakewood

Margaret Lees Roldan 303.239.7160

Arvada/Conifer

Kim Jackson 303.275.7520

Edgewater

Jennifer Cronborg 303.239.9581

4 Women (Bilingual) 800.994.WOMEN

Bosom Buddies

Park Meadows 720.482.0109
Northglenn 720.482.0109

Health One

Lactation Program 303.320.7081
(free for WIC clients)

La Leche League

303.799.6722

Hospitals

Exempla Good Samaritan 303.689.4720

Exempla Lutheran Hospital 303.425.2229

St. Anthony's Hospital 303.692.4070

Sky Ridge Medical Center 720.225.2225

Swedish 303.788.6500

University Hospital 303.372.8440

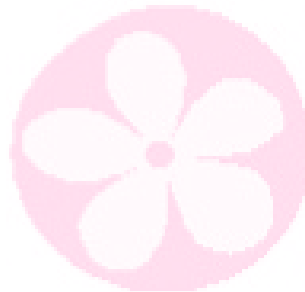


All hospitals offer lactation services free of charge for babies that were delivered at that hospital.

Breast Pumps & Equipment



Medela, Inc.	800.435.8316
Avent	800.542.8368
Hollister	877.992.6332
Whittlestone	877.608.MILK
For Rental:	
Bosom Buddies	720.482.0109
Medela Rental centers	
Best Beginnings (Arvada)	303.767.7954
Evergreen Lactation Services	303.674.4503
Natural Expressions (SW Littleton)	303.933.7877
Under the Cabbage Leaf (Littleton)	303.921.6192
Wee Bees (Denver)	303.794.0966
For Purchase:	
The Right Start	
Park Meadows	303.706.9100
Cherry Creek North	303.377.1455
Babies R Us	888.BabyRus
	888.222.9787
Motherhood Maternity	800.466.6223
Baby World + Big Kids II	303.322.8850
Selected Target, Wal-Mart & Kmart stores	



Medications & Breast Milk

Always attempt to talk to your physician, but if you are unable to contact them, ask your local WIC Dietitian, local pharmacist or call one of the following 24-hour pharmacies:

King Soopers

104th & Washington 303.452.8661
Hampden & Sheridan 303.937.4404

Walgreens

44th & Washington 303.463.7719
32nd & Youngsfield 303.237.4392
Kipling & Bowles 303.973.4800

Donated Human Milk

Processing fees apply

Mother's Milk Bank 303.869.1888



WIC Peer Counselors

A Peer Counselor is a WIC mother who lives in your community and breastfed her own baby. She has been carefully selected by WIC to help give mothers information about feeding their babies.

She will:

- Listen to you.
- Contact you during your pregnancy to answer your infant feeding questions and will help you prepare for having a new baby.
- Answer any questions you might have after your baby is born.
- Show you how to get more help from other healthcare professionals, if needed.

Contact your WIC Educator for more information