

## Community Resources

### Bear River (Cache, Box Elder and Rich counties)

#### Hospitals/Clinics

Brigham City Community Hospital MSH  
950 South Medical Drive  
Brigham City, UT 84302  
(435)734-4136 Labor & Delivery

- Prenatal class with BF component
- Inpatient breastfeeding assistance

Budge Clinic IHC  
1350 North 500 East  
Logan, UT 84341  
(435)752-0422  
(435)716-1920 OB/GYN Clinic  
*Referral to Logan Regional Hospital*

Logan Regional Hospital IHC  
500 East 1400 North  
Logan, UT 84341  
(435)752-0422 Women and Newborn Center  
(435)716-2560 Lactation  
(435)716-2560 Rental Station & Retail Store  
*Mon-Fri: 8:30 am- 5:00 pm (closed 12:30-1:30)*  
*Prenatal breastfeeding classes: \$15/couple, 3<sup>rd</sup> Fri*  
*Post partum breastfeeding consult: \$35/hour*

- IBCLCs on staff
- Pumps and pump parts, Bobby pillows, milk storage supplies, comfort gel pads, bras, bra fitting service, many other supplies
- Guest speakers available

Bear River Valley Hospital IHC  
905 North 1000 West  
Tremonton, UT 84337  
(435)207-4681 labor and delivery  
*Referral to Logan Regional Medical Center*

- Inpatient assessment, BF assistance
- Electric pump for in hospital use

#### WIC Clinics

WIC  
817 West 950 South  
Brigham City, UT 84302  
(435)734-0845

WIC  
655 East 1300 North  
Logan, UT 84341  
(435)792-6451

WIC  
275 North Main Street  
Randolph, UT 84064  
(435)793-2445

WIC  
125 South 100 West  
Tremonton, UT 84337  
(435)257-3318

#### Pump Rentals/Breastfeeding Supplies

Cache Valley Oxygen  
1395 North 500 East, Suite A  
Logan, UT 84341  
(435)752-2227  
*Rents Medela pumps*

Intermountain Healthcare Home Care  
1400 North 550 East  
Logan, UT 84341  
(435)716-5305  
*Rents Ameda pumps*

#### Other Community Resources

La Leche League of Box Elder County  
Jenny (435) 257-4650  
Sara (435) 723-5488

La Leche League of Logan  
Aneesa (435) 554-8667, [aneesabeutler@gmail.com](mailto:aneesabeutler@gmail.com)  
Elizabeth [lleader.elizabeth@gmail.com](mailto:lleader.elizabeth@gmail.com)

## Central Utah (Juab, Millard, San Pete, Sevier, Piute, and Wayne counties)

### Hospitals/Clinics

Delta Community Medical Center IHC  
126 South White Sage Avenue  
Delta, UT 84624  
(435)864-5591 ask for Nurse's station

- Prenatal class with BF component
- Inpatient breastfeeding assistance, consults, call-in questions, home visits
- Hand pumps offered inpatient
- Routine calls for all discharged patients needing assistance

Fillmore Community Medical Center IHC  
674 South Highway 99  
Fillmore, UT 84631  
(435)743-5591  
*Inpatient breastfeeding assistance*

Sanpete Valley Hospital IHC  
1100 South Medical Drive  
Mount Pleasant, UT 84647  
(435)462-2441 Ask for nurses' station  
*Inpatient BF assistance*

Central Valley Medical Center RHMC  
48 West 1500 North  
Nephi, UT 84648  
(435)623-3000  
*RN in-patient BF assistance*

Nephi Medical Clinic  
48 West 1500 North  
Nephi, UT 84648  
(435)623-3200

Sevier Valley Hospital IHC  
1100 North Main Street  
Richfield, UT 84701  
(435)893-4100

- Prenatal classes with BF component
- RN inpatient BF assistance

### Pump Rentals/Breastfeeding Supplies

Remed Medical  
43 South Main  
Richfield, UT 84701  
(435)896-6474  
*Rents Medela pumps*

### WIC Clinics

WIC  
428 East Topaz Boulevard, Ste. D  
Delta, UT 84624  
(435)864-3612

WIC  
50 South 400 West  
Fillmore, UT 84631  
(435)743-5723

WIC  
555 North Main  
Junction, UT 84740  
(435)577-2521

WIC  
18 South Main  
Loa, UT 84747  
(435)836-1317

WIC  
40 West 200 North  
Manti, UT 84642  
(435)835-2231

WIC  
20 South 100 West, Ste. 30  
Mount Pleasant, UT 84647  
(435)462-2449

WIC  
146 North Main Street  
Nephi, UT 84648  
(435)623-0696

WIC  
70 Westview Drive  
Richfield, UT 84701  
(435)896-5451

### Other Local Resources

La Leche League of Utah  
Utah Referral Line 801-264-LOVE

## Davis County

### Hospitals/Clinics

Lakeview Hospital MSH

630 East Medical Drive

Bountiful, UT 84010

(801)299-2200 Main number

(801)299-2247 Lactation hotline

- Inpatient breastfeeding support services
- Outpatient BF support services

Hill Air Force Base

75<sup>th</sup> Medical Group/SGA

7321 Balmer Street Bldg. 570

Hill Air Force Base, UT 84056

(801)728-2600

- Prenatal classes with BF component
- Lactation telephone consults

Davis Hospital & Medical Center IASIS

1600 West Antelope Drive

Layton, UT 84041

(801)807-1000

(801)807-7446 Lactation

- Prenatal classes with BF component
- Breastfeeding classes
- Inpatient BF assistance, call-in questions
- IBCLC on staff
- Outpatient follow-up by appointment

### WIC Clinics

WIC

140 East Center Street, Rm. 52

Clearfield, UT 84015

(801)773-8834

WIC

596 West 750 South

Woods Cross, UT 84010

(801)292-7803

### Pump Rentals/Breastfeeding Supplies

L.A.C.E. by Louise

344 south 500 West, Ste. 2

Bountiful, UT 84010

(801)294-5223

[www.lacebylouise.com](http://www.lacebylouise.com)

- Rents Ameda and Medela pumps
- Breastfeeding supplies

### Other Local Resources

La Leche League of Weber/Davis

<http://www.llusa.org/UT/WeberDavis/index.html>

## Salt Lake County

### Hospitals/Clinics

Alpine Medical Group  
1060 South 100 East  
Salt Lake City, UT 84102  
(801)595-8899

- Lactation consultations by MD, IBCLC
- Phone consults for established patients only
- Ameda Pumps

Altaview Hospital  
9660 South 1300 East  
Sandy, UT 84094  
(801)501-2600 main number

- Prenatal classes with a BF component
- Breastfeeding classes
- Inpatient BF counseling available

LDS Hospital IHC  
325 8<sup>th</sup> Avenue  
Salt Lake City, UT 84103  
(801)507-7731 Childbirth Education  
*Prenatal class with BF, \$55/couple*  
*BF Class 4<sup>th</sup> Monday of each month \$20*

- Inpatient counseling and call-in Qs
- Pump kits available
- “Rooming in” encouraged
- IBCLC on staff

Intermountain Medical Center IHC  
5121 Cottonwood Street  
Murray, UT 84157  
(801)507-7000 Main number  
(801)507-7661 Lactation Coordinator

- Prenatal class with BF component
- Breastfeeding classes
- Inpatient BF assistance

Jordan Valley Medical Center IASIS  
3580 West 9000 South  
West Jordan, UT 84088  
(801)561-8888

- Breastfeeding classes taught by IBCLC
- Inpatient BF assistance and call-in Qs
- Pump kits available

Madsen Health Center  
555 South Foothill Boulevard, Rm. 301  
Salt Lake City, UT 84112  
(801)581-1000

Pioneer Valley Hospital  
3460 S Pioneer Parkway  
West Valley City, UT 84120  
(801)964-3460 Women’s Services

- Inpatient BF assistance
- Rooming-in is encouraged

Primary Children’s Medical Center IHC  
100 Mario Capecchi Drive  
Salt Lake City, UT 84113  
(801)662-1000 Main Number  
(801)662-3686 Lactation Consultant  
*IBCLC inpatient BF assistance*

St. Mark’s Hospital MSH  
1200 East 3900 South  
Salt Lake City, UT 84124  
(801)743-6616 Lactation Services  
(801)268-7940 Class sign-up

- Breastfeeding classes
- Breastfeeding follow-up

Salt Lake Regional Medical Center IASIS  
1050 East South Temple  
Salt Lake City, UT 84102  
(801)350-4111

- Prenatal class with a BF component
- Breastfeeding class taught by an IBCLC
- Inpatient BF assistance
- Pump rental, supplies through pharmacy
- IBCLC on staff

Teen Mother & Child Program  
University of Utah  
3690 South Main Street  
Salt Lake City, UT 84115  
(801)468-3278

University Hospital  
50 North Medical Drive  
Salt Lake City, UT 84132  
(801)581-2121 ask for lactation services  
(801)581-2328 perinatal education  
*“Baby-Friendly” Hospital designation*

- Breastfeeding classes
- Inpatient and out-patient BF assistance
- Inpatient pumps provided
- Pump rentals (Medela) for out-patient
- IBCLC on staff

## **WIC Clinics**

WIC  
610 South 200 East, Ste. 111  
Salt Lake City, UT 84111  
(801)534-4629

WIC  
3690 South Main Street  
Salt Lake City, UT 84115  
(801)468-3500

WIC  
1625 West 700 North  
Salt Lake City, UT 84116  
(801)322-0502

WIC  
9340 South 700 East  
Sandy, UT 84070  
(801)256-1978

WIC  
1740 West 7800 South  
West Jordan, UT 84088  
(801)569-4360

WIC  
4535 South 5600 West  
West Valley City, UT 84120  
(801)963-7306

## **Pump Rentals/Breastfeeding Supplies**

Apria Healthcare  
1555 West 2200 South  
Salt Lake City, UT 84119  
(801)972-5353  
*Rents Medela pumps*

Baby's Choice  
1508 East Mountain Manner (7280 South)  
Cottonwood Heights, UT 84121  
(801)680-6455  
[www.abclactation.com](http://www.abclactation.com)

- Rents Ameda and Medela pumps
- IBCLC on staff

Deseret Medical  
560 West Fine Drive  
Salt Lake City, UT 84115  
(801)270-8440  
*Rents Medela pumps, will deliver*

IHC Home Care  
2250 South 1300 West  
Salt Lake City, UT 84119  
(801)887-7320  
*Rents Medela and Ameda pumps, will deliver*

Lactation Plus  
794 West Spanish Oak Way (6160 South)  
Murray, UT 84123  
(801)281-1881  
[www.lactationplus.com](http://www.lactationplus.com)  
*Rents Medela and Ameda pumps*

Lactation Station  
3142 South Highland Drive  
Salt Lake City, UT 84106  
(801)467-3434  
[www.lactationstation.com](http://www.lactationstation.com)

- Medela pump rentals
- Breastfeeding supplies
- IBCLC consultation appointments available

Maternal Instincts  
676 E Union Square (9400 South)  
Sandy, UT 84070  
(801)568-7020  
[www.themomshop.com](http://www.themomshop.com)

- Rents Ameda and Medela pumps
- Breastfeeding supplies
- IBCLC on staff

Tender Lactation Care  
8046 South Laguna Drive  
West Jordan, UT 84088  
(801)561-4156

- Rents Ameda pumps
- Breastfeeding supplies available
- IBCLC consultation appointments available

## **Other Local Resources**

La Leche League of Murray  
<http://llofmurray.blogspot.com/>

La Leche League of Salt Lake City  
<http://llofslc.wordpress.com/breastfeedingslc@gmail.com>

La Leche League of Sandy  
<http://www.llofsandy.blogspot.com/LLLOfSandy@gmail.com>

## Southeastern Utah (Carbon, Emery, Grand and San Juan counties)

### Hospitals/Clinics

Blue Mountain Hospital  
802 South 200 West  
Blanding, UT 84511  
(435)678-3993  
*Manual pumps available*

Allen Memorial Hospital RHMC  
719 West 400 North  
Moab, UT 84532  
(435)259-7191

- Prenatal classes with BF component
- RN inpatient BF assistance
- Postpartum home visits as needed

San Juan County Hospital  
364 West 100 North  
Monticello, UT 84535  
(435)587-2116

- Prenatal classes with BF component
- RN inpatient breastfeeding assistance
- Manual breast pumps

Monument Valley Health Center  
4 Rock Door Canyon Drive  
Monument Valley, UT 84536  
(435)727-3328

Castleview Hospital  
300 North Hospital Drive  
Price, UT 84501  
(435)637-4800

### WIC Clinics

WIC  
196 East Center Street  
Blanding, UT 84511  
(435)678-2723

WIC  
25 West Main Street  
Castle Dale, UT 84513  
(435)381-2252

WIC  
305 Center Street  
East Carbon, UT 84520  
(435)888-0814

WIC  
305 West Main Street  
Green River, UT 84525  
(435)564-8236

WIC  
471 South Main Street, Ste. 4  
Moab, UT 84532  
(435)259-5602

WIC  
117 South Main Street  
Monticello, UT 84535  
(435)587-2021

WIC  
28 South 100 East  
Price, UT 84501  
(435)637-3671

### Other Local Resources

La Leche League of Utah  
Utah Referral Line 801-264-LOVE

## Southwestern Utah (Washington, Iron, Kane, Garfield and Beaver counties)

### Hospitals/Clinics

Beaver Valley Hospital  
85 North 400 East  
Beaver, UT 84713  
(435)438-7100

- RN inpatient BF assistance
- Pumps available for use in hospital

Hildale Health Service Center  
1065 North Hildale Street  
Hildale, UT 84784  
(435)874-2217

Valley View  
Medical Center  
1303 North Main Street  
Cedar City, UT 84721  
(435)868-5000

- Prenatal classes with BF component
- Inpatient BF assistance
- Home consultations by appointment
- IBCLC on staff
- Sells Ameda breast pumps

Kane County Hospital and Clinic  
355 North Main Street  
Kanab, UT 84741  
(435)644-5811 Hospital  
(435)644-4100 Clinic

- Prenatal classes with BF component
- RN inpatient BF assistance

Garfield Memorial Hospital IHC  
200 North 400 East  
Panguitch, UT 84759  
(435)676-8811

- Prenatal classes with BF component
- Inpatient BF assistance, call-in questions
- Electric pumps for in-hospital use

Dixie Regional Medical Center IHC  
1380 East Medical Center Drive  
St. George, UT 84790  
(435)251-1000

- Prenatal class with BF component
- Breastfeeding classes
- DVDs available for rental
- Out-patient BF consultation appointments
- IBCLC on staff

### WIC Clinics

WIC  
1175 North 75 West  
Beaver, UT 84713  
(435)438-2482

WIC  
260 DL Sargent Drive  
Cedar City, UT 84720  
(435)586-2437

WIC  
245 South 200 East  
Kanab, UT 84741  
(435)644-2537

WIC  
609 North Main Street  
Panguitch, UT 84758  
(435)676-8800

WIC  
620 South 400 East Ste. 400  
St. George, UT 84770  
(435)673-3528

### Pump Rentals/Breastfeeding Supplies

Intermountain Healthcare Home Care  
1424 Foremaster Drive  
St. George, UT 84790  
(435)251-2323  
*Rents Ameda and Medela pumps, \$85/month*

Peterson Medical  
43 North 700 East  
St. George, UT 84770  
(435)628-4949

### Other Local Resources

Hope Pregnancy Center  
427 West 100 South, Ste. B  
St. George, UT 84770  
(435)652-8343  
<http://hopepregnancyutah.org>

La Leche League of Cedar City  
<http://www.cedarcitylll.blogspot.com/>  
[lalecheleaguecedarcity@yahoo.com](mailto:lalecheleaguecedarcity@yahoo.com)

## Summit County

### Hospitals/Clinics

Park City Medical Center  
900 Round Valley Drive  
Park City, UT 84060  
(435)658-7000 ask for Labor and Delivery

- Prenatal class with BF component
- RN inpatient BF assistance
- Pumps available inpatient

### WIC Clinics

WIC  
85 North 50 East  
Coalville, UT 84017  
Call the Park City office for hours/appointment

WIC  
110 North Main Street  
Kamas, UT 84036  
Call the Park City office for hours/appointment

WIC  
650 Round Valley Drive  
Park City, UT 84060  
(435)333-1515

### Other Local Resources

La Leche League of Utah  
Utah Referral Line 801-264-LOVE

## Tooele County

### Hospitals/Clinics

Mountain West Medical Center  
2055 North Main Street  
Tooele, UT 84074  
(435)843-3600

*Breastfeeding classes*

WIC  
151 North Main Street  
Tooele, UT 84074  
(435)277-2321

WIC  
100 South 9<sup>th</sup> Street  
Wendover, UT 84083  
(435)665-7004

### Other Local Resources

La Leche League of Utah  
Utah Referral Line 801-264-LOVE



## Tricounty (Uintah, Duchesne, and Daggett counties)

### Hospitals/Clinics

Uintah Basin Medical Center  
250 West 300 North  
Roosevelt, UT 84066  
(435)722-4691 main number  
(435)722-6150 OB ask for breastfeeding assistance

- Inpatient breastfeeding assistance
- Out-patient BF assistance by appointment
- Hand pumps available

Ashley Regional Medical Center  
150 West 100 North  
Vernal, UT 84078  
(435)789-3342

- Prenatal classes with BF component
- Postpartum BF instruction

### WIC Clinics

WIC  
281 East 200 North  
Roosevelt, UT 84066  
(435)722-6333

WIC  
133 South 500 East  
Vernal, UT 84078  
(435)247-1179

### Pump Rentals/Breastfeeding Supplies

Uintah Basin Home Health  
26 West 200 North  
Roosevelt, UT 84066  
(435)722-2418  
*Rents Ameda pumps*

### Other Local Resources

La Leche League of Vernal  
[Amber](#) (435)789-6108  
[lllofvernal@gmail.com](mailto:lllofvernal@gmail.com)

## Utah County

### Hospitals/Clinics

American Fork Hospital IHC  
170 North 1100 East  
American Fork, UT 84003  
(801)855-3300

- Prenatal classes with BF component
- Breastfeeding classes
- Inpatient BF assistance
- Referral to A Mother's Touch Lactation

Orem Community Hospital IHC  
331 North 400 West  
Orem, UT 84057  
(801)224-4080

- Prenatal classes with BF component
- Breastfeeding classes
- Inpatient BF assistance
- Referral to A Mother's Touch Lactation

Timpanogos Regional Hospital MSH  
750 West 800 North  
Orem, UT 84057  
(801)714-6025 OB  
*RN inpatient BF assistance*

A Mother's Touch Lactation Clinic IHC  
527 West 400 North, Ste. 3  
Orem, UT 84057  
(801)714-3327

- Lactation consultation by appointment
- Rents Ameda pumps

Mountain View Hospital MSH  
1000 East 100 North  
Payson, UT 84651  
(801)465-7000

- RN inpatient BF assistance
- Inpatient pumps available

Utah Valley Regional Medical Center IHC  
1034 North 500 West  
Provo, UT 84604  
(801)357-7850

- Prenatal class with BF component
- Breastfeeding classes
- Inpatient BF assistance
- Referral to A Mother's Touch Lactation

### WIC Clinics

WIC  
599 South 500 East  
American Fork, UT 84003  
(801)851-7320

WIC  
1549 South State, Ste. 104  
Orem, UT 84057  
(801)851-7340

WIC  
910 East 10 North, Ste. 175  
Payson, UT 84651  
(801)851-7360

WIC  
151 South University Avenue Ste. 2100  
Provo, UT 84601  
(801)851-7300

### Pump Rentals/Breastfeeding Supplies

Praxair Medical  
400 North Geneva Road, Ste. F  
Lindon, UT 84042  
(801)374-2556 or (801)785-1000  
*Rents Ameda and Medela pumps*

For Every Mother  
1410 North Main Street  
Orem, UT 84057  
(801)224-4143  
*Rents Ameda and Medela pumps*

B & H Pharmacy  
286 Center Street  
Provo, UT 84601  
(801)373-7288  
*Rents Ameda Elite pumps*

Intermountain Home Care  
289 West 1230 North  
Provo, UT 84604  
(801) 357-8250  
*Rents Ameda and Medela pumps*

Art City Pharmacy  
405 south Main Street  
Springville, UT 84663  
(801)489-5618  
*Rents Ameda and Medela pumps*

### **Other Local Resources**

La Leche League of Northern Utah County  
Kathy (801) 785-6764, [kvmama08@hotmail.com](mailto:kvmama08@hotmail.com)  
Janet (801) 341-5047

La Leche League Provo/Orem  
Leah [leah\\_mike@comcast.net](mailto:leah_mike@comcast.net)  
Heidi (801) 224-8016  
Valerie (801) 225-2794

La Leche League of Spanish Fork  
Kathleen (801) 794-0018

### **Wasatch County**

#### **Hospitals/Clinics**

Heber Valley Medical Center IHC  
1485 South Highway 40  
Heber City, UT 84032  
(435)654-2500

- Lactation consultations
- Pumps available inpatient

WIC  
55 South 500 East  
Heber City, UT 84032  
(435)657-3266

### **Other Local Resources**

La Leche League of Utah  
Utah Referral Line 801-264-LOVE

## **Weber and Morgan Counties**

### **Hospitals/Clinics**

McKay Dee Hospital IHC  
4401 Harrison Boulevard  
Ogden, UT 84403  
(801)387-2800  
(801)387-4132 Breastfeeding Matters Clinic  
(801)387-4128 Retail Store  
*Lactation Consultations Daily 8-2*  
*Breastfeeding classes \$15*

- Inpatient breastfeeding consults
- Outpatient consults by appointment
- Breastfeeding supplies
- Ameda and Medela pump rentals

Ogden Regional Medical Center MSH  
5475 south 500 East  
Ogden, UT 84405  
(801)479-2684 Lactation Services  
(801)479-2600 Breastfeeding classes  
*Breastfeeding classes 1<sup>st</sup> Tuesday of each month,*  
*\$20/couple*

- Breastfeeding classes taught by an IBCLC
- Inpatient BF assistance

### **WIC Clinics**

WIC  
236 East Young Street  
Morgan, UT 84050  
(801)829-4275

WIC  
477 23<sup>rd</sup> Street  
Ogden, UT 84401  
(801)399-7200

### **Pump Rentals/Breastfeeding Supplies**

A-1 Medical  
134 31<sup>st</sup> Street  
Ogden, UT 84401  
(801)394-4455  
*Medela Classic pump rentals*

IHC Medical Home Care  
4387 south Harrison Boulevard, Ste. D5  
Ogden, UT 84403  
(801)622-5150  
*Pump rentals \$80/month*

### **Other Local Resources**

La Leche League of Weber/Davis  
<http://www.llusa.org/UT/WeberDavis/index.html>

## **Breast Pump Manufacturers**

Ameda

[www.ameda.com](http://www.ameda.com)

(866)992-6332

Avent

<http://www.usa.philips.com/c/avent-baby-breastfeeding/28523/cat>

(800)542-8368

Bailey

[www.baileymed.com](http://www.baileymed.com)

(800)413-3216

Hygeia

[www.hygeiababy.com](http://www.hygeiababy.com)

(888)PUMP-4-MOM

Lansinoh

<http://www.lansinoh.com/breastfeeding>

(800)292-4794

Medela

<http://www.medelabreastfeedingus.com>

(800)435-8316

Playtex

<http://www.playtexbaby.com/Breastfeeding/Home.aspx>

(888)310-4290

## **Breastfeeding Information Websites**

### **Breastfeeding Help & Support**

Business Case for Breastfeeding - <http://www.womenshealth.gov/breastfeeding/government-programs/business-case-for-breastfeeding/>

Choosing a Baby-Friendly Birthing Facility - [www.babyfriendlyusa.org/](http://www.babyfriendlyusa.org/)

Daily Inspiration for the Nursing Mother - [www.lactations.com/index.php](http://www.lactations.com/index.php)

Find a Lactation Consultant - [www.ilca.org/i4a/pages/index.cfm?pageid=3337](http://www.ilca.org/i4a/pages/index.cfm?pageid=3337)

La Leche League International - [www.llli.org/](http://www.llli.org/)

Utah Breastfeeding Coalition - [www.utahbreastfeeding.org/](http://www.utahbreastfeeding.org/)

### **General Information**

American College of Nurse-Midwives - [www.gotmom.org/](http://www.gotmom.org/)

American Academy of Family Physicians (AAFP) - <http://familydoctor.org/online/famdocen/home/women/pregnancy/birth/019.html>

American Academy of Pediatrics (AAP) - [www.aap.org/breastfeeding/familiesLanding.html](http://www.aap.org/breastfeeding/familiesLanding.html)

Australian Breastfeeding Association - [www.breastfeeding.asn.au/bfinfo/index.html](http://www.breastfeeding.asn.au/bfinfo/index.html)

Baby Center - [www.babycenter.com/breastfeeding](http://www.babycenter.com/breastfeeding)

Baby Gooroo - [www.babygooroo.com/](http://www.babygooroo.com/)

National Women's Health Information Center - [www.womenshealth.gov/breastfeeding](http://www.womenshealth.gov/breastfeeding)

Breastfeeding.com - [www.breastfeeding.com](http://www.breastfeeding.com)

International Breastfeeding Centre - [www.drjacknewman.com/](http://www.drjacknewman.com/)

Kellymom Breastfeeding & Parenting - [www.kellymom.com/](http://www.kellymom.com/)

MedlinePlus - [www.nlm.nih.gov/medlineplus/breastfeeding.html](http://www.nlm.nih.gov/medlineplus/breastfeeding.html)

Texas WIC Program- [www.breastmilkcounts.com/](http://www.breastmilkcounts.com/)

### **Medications & Other Exposures**

Alcohol Elimination in Breastmilk - [www.motherisk.org/women/updatesDetail.jsp?content\\_id=347](http://www.motherisk.org/women/updatesDetail.jsp?content_id=347)

LactMed - <http://toxnet.nlm.nih.gov/cgi-bin/sis/htmlgen?LACT>

Pregnancy RiskLine, Utah Department of Health - [www.health.utah.gov/prl/](http://www.health.utah.gov/prl/)

Texas Tech University Health Sciences Center (Dr. Hale) - [www.infantrisk.com/](http://www.infantrisk.com/)

## **Other Breastfeeding Topics**

Adoptive Breastfeeding - [www.fourfriends.com/abrw/](http://www.fourfriends.com/abrw/)

Biological Nurturing - <http://www.biologicalnurturing.com/>

Breastfeeding after Reduction - [www.bfar.org](http://www.bfar.org)

Breastfeeding and Working - [www.workandpump.com/](http://www.workandpump.com/)

Donor Milk - [www.hmbana.org](http://www.hmbana.org)

HIV and Breastfeeding - [www.anotherlook.org](http://www.anotherlook.org)

Low Milk Supply - [www.lowmilksupply.org/](http://www.lowmilksupply.org/)

Multiple Births - [www.multiplebirthscanada.org/english/breastfeeding.php](http://www.multiplebirthscanada.org/english/breastfeeding.php)

Nutrition for Breastfeeding Moms - [www.choosemyplate.gov/mypyramidmoms/index.html](http://www.choosemyplate.gov/mypyramidmoms/index.html)

## Breastfeeding Product & Resource Websites

### Apparel and Supplies

Bravado! Designs Inc.

[www.bravadodesigns.com](http://www.bravadodesigns.com)

Maternity and nursing bras in sizes 32B to 46G,  
nursing apparel

Lactation Connection

[www.lactationconnection.com](http://www.lactationconnection.com)

Nursing bras in sizes 30B to 50K, nursing  
apparel, breast pump sales and rentals,  
breastfeeding supplies

Leading Lady

[www.leadinglady.com](http://www.leadinglady.com)

Maternity and nursing bras in sizes 34A to  
56DD, nursing apparel

Motherwear

[www.motherwear.com](http://www.motherwear.com)

Maternity and nursing bras in sizes 32A to 46H,  
nursing apparel, breastfeeding supplies

NuAngel, Inc

Breastfeeding products

[www.nuangel.com](http://www.nuangel.com)

### Resources for Parents

American Academy of Pediatrics

[www.aap.org/bookstore](http://www.aap.org/bookstore)

Books

Geddes Productions (Kittie Frantz)

<http://www.geddesproduction.com/>

Books

La Leche League International

<http://store.lli.org/public>

Books for parents and children

Sierra Lactation

[www.breastfeedingart.net](http://www.breastfeedingart.net)

Breastfeeding art



## Lactation Books

### For Parents

American Academy of Pediatrics. *New Mother's Guide to Breastfeeding*. Bantam Books; 2011.

Arms S, Fisher C. *Bestfeeding: How to Breastfeed Your Baby*, 3<sup>rd</sup> edition. Celestial Arts; 2004.

Behan E. *Eat Well, Lose Weight While Breastfeeding*. Ballantine Books; 2006.

Behrmann B. *The Breastfeeding Café: Mothers Share the Joys, Challenges, and Secrets of Nursing*. The University of Michigan Press; 2005.

Bolster A. *Motherwise*. La Leche League International; 1997.

Bumgarner NJ. *Mothering Your Nursing Toddler*. La Leche League International; 2000. (Also available in Spanish.)

Carnesecca ML. *Mommy's Little Breastfeeding Book: 101 Tips Your Baby Wants You to Know about Breastfeeding*. Bennett Communications; 2008.

Colburn-Smith C, Serrette A. *Milk Memos: How Real Moms Learned to Mix Business with Babies and How You Can Too!* Tarcher; 2007.

Eiger MS, Holland R. *The Complete Book of Breastfeeding*, 4<sup>th</sup> edition. Workman Publishing Company; 2010.

Flower H. *Adventures in Tandem Nursing: Breastfeeding During Pregnancy and Beyond*. La Leche League International; 2003.

Gotsch G. *Breastfeeding Your Premature Baby*. La Leche League International; 2002.

Gromada KK. *Mothering Multiples: Breastfeeding and Caring for Twins*, 3<sup>rd</sup> edition. La Leche League International; 2007.

Hicks J. *Hirkani's Daughters: Women Who Scale Modern Mountains to Combine Breastfeeding and Working*. La Leche League International; 2006.

Hormann E. *Breastfeeding an Adopted Baby and Relactation*. La Leche League International; 2010.

Huggins K. *The Nursing Mother's Companion*, 6<sup>th</sup> edition. Harvard Press; 2010.

Huggins K, Ziedrich L. *The Nursing Mother's Guide to Weaning*. The Harvard Common Press; 2007.

La Leche League International. *The Womanly Art of Breastfeeding*, 8<sup>th</sup> edition. La Leche League International; 2010. (Also available in Spanish.)

Kendall-Tackett K, Mohrbacher N. *Breastfeeding Made Simple: Seven Natural Laws for Nursing Mothers*. New Harbinger Publications; 2010.

Marasco L, West D. *The Breastfeeding Mother's Guide to Making More Milk*. McGraw-Hill; 2010.

Neifert M. *Great Expectations: The Essential Guide to Breastfeeding*. Sterling; 2009.

Newman J, Pitman T. *The Ultimate Breastfeeding Book of Answers*. Three Rivers Press; 2006.

Pryor K, Pryor G. *Nursing Your Baby*, 4<sup>th</sup> edition. Harper Paperbacks; 2005.

Pryor G. *Nursing Mother, Working Mother*. The Harvard Common Press; 2007.

Roche-Paull R. *Breastfeeding in Combat Boots*. Hale Publishing; 2010.

Royal College of Midwives. *Successful Breastfeeding*, 3<sup>rd</sup> edition. Churchill Livingstone; 2002

Rubin A. *The ABCs of Breastfeeding: Everything a Mom Needs to Know for a Happy Nursing Experience*. Amacom Books; 2008.

Sears M, Sears W. *The Breastfeeding Book*. Little, Brown and Company; 2000.

Sinnot A. *Breastfeeding Older Children*. Free Association Books; 2009.

Spangler A. *Breastfeeding: Keep It Simple*. Amy's Baby Company; 2005.

Spangler A. *Breastfeeding: A Parent's Guide*, 9<sup>th</sup> edition. Amy's Baby Company; 2010.

Tamaro J. *So That's What They're For*, 3<sup>rd</sup> edition. Adams Media; 2005.

Tiller S. *Breastfeeding 101*, 2<sup>nd</sup> edition. TLC Publishing; 2005.

West D. *Defining Your Own Success: Breastfeeding after Breast Reduction Surgery*. La Leche League International; 2001.

West D, Marasco L. *The Breastfeeding Mother's Guide to Making More Milk*. McGraw-Hill; 2008.

Wiggins PK. *Why Should I Nurse My Baby?* LA Publishing Co.; 2001. (Also available in Spanish.)

### **Children's Books**

Carroll T. *Mommy Breastfeeds Our Baby*. NuAngel; 2005. (English, Spanish and French Edition.)

Deutschbein MJ. *Maggie's Weaning*. La Leche League International; 1999.

Martin C. *We Like to Nurse*. Hohm Press; 1995. (Also available in Spanish.)

Martin C. *We Like to Nurse Too*. Hohm Press; 2009. (Also available in Spanish.)

Moen C. *Breastmilk Makes My Tummy Yummy*. Midsummer Press; 1999.

Olsen M. *I'm Made of Mama's Milk*. Mary Olsen Books; 2002.

Pinczuk M. *Michele: The Nursing Toddler*. La Leche League International; 2008.

Repkin M. *Mommy Breastfeeds My Baby Brother*. Istoria House; 2009.

Ross ME. *Mama's Milk*. Tricycle Press; 2007. (Also available in Spanish.)

## **Special Support**

Doulas of Utah

For both certified and non-certified Doulas in your area, contact:

DONA International

100 East Washington Street

Springfield, Illinois 62701

(888) 788-3662

[www.dona.org](http://www.dona.org)

International Lactation Consultant Association

- Find a lactation consultant
- Educational materials for professionals

[www.ilca.org](http://www.ilca.org)

La Leche League of Utah

Referral line: (801)264-LOVE (5683)

<http://www.lllusa.org/UT/Utah.html>

United States Breastfeeding Committee

<http://www.usbreastfeeding.org/>

## **Critically Ill Infants**

High Risk/Critically Ill Newborn Support

- Parent-to-Parent support group
- University of Utah hospital

(801)581-2098

<http://healthcare.utah.edu/hospital/supportgroups.html>

## **New Parents**

Mommy & Me New Parent Support Group

LDS Hospital

(801)466-1245 Judi Rausch

Mommy & Me New Parent Support Group

Altaview Hospital

(801)507-7731

## **Twin/Multiple Support**

Northern Utah Parents of Multiples

[www.multikids.org](http://www.multikids.org)

Salt Lake Mothers of Twins

<http://www.slmot.com/>

Utah Valley Mothers of Multiples

<http://www.uvmom.com/>