

District of Columbia Breastfeeding Resource Guide



A Publication of the DC Breastfeeding Coalition

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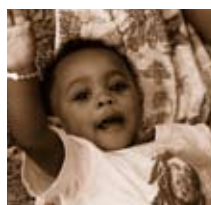
MISSION STATEMENT

The DC Breastfeeding Coalition was founded in December of 2004, to support, promote, and protect breastfeeding in the District of Columbia. The Coalition unites breastfeeding advocates, health care providers, and families, providing a forum for the development and exchange of resources to establish breastfeeding as the normal way to feed babies. Breastfeeding is the single intervention that confers a lifetime of health benefits during infancy and beyond.

COALITION OBJECTIVES

- To increase the number of mothers who breastfeed in the early postpartum period, and promote continued breastfeeding for at least 1 year or beyond
- To promote the US Surgeon General's Healthy People 2020 breastfeeding goals
- To increase the number of physicians and other primary health care providers in Washington, D.C. who include breastfeeding counseling and referral as part of routine care
- To provide accurate and consistent breastfeeding information to families, health professionals, and the community
- To encourage breastfeeding-friendly policies and procedures in all area hospitals and birthing centers

THE INFORMATION PRESENTED HERE IS NOT INTENDED TO DIAGNOSE HEALTH PROBLEMS OR TO TAKE THE PLACE OF PROFESSIONAL MEDICAL CARE. IF YOU HAVE PERSISTENT BREASTFEEDING PROBLEMS, OR IF YOU HAVE FURTHER QUESTIONS, PLEASE CONSULT YOUR HEALTH CARE PROVIDER. THE DC BREASTFEEDING COALITION DOES NOT SHARE PARTNERSHIP WITH, OR HAVE ANY VESTED INTEREST IN, ANY OF THE BUSINESSES LISTED IN THIS GUIDE.



DC CHILD RIGHT TO NURSE LAW

On February 14, 2008 Mayor Adrian M. Fenty signed a law to protect nursing mothers. This law is called the “Child’s Right to Nurse Human Rights Amendment Act of 2007” (Bill B17-0133). **The law makes it legal to breastfeed ANYWHERE a woman has the right to be with her child in DC.**

The law means employers **MUST** provide:

- Fair, unpaid break periods everyday
- A clean area so that breastfeeding mothers are able to breastfeed or pump milk for their babies

If you think you have been treated unfairly while breastfeeding contact: Office of Human Rights at 202-727-4559 to learn about filing a complaint. You can also learn about the complaint filing process on OHR’s website at www.ohr.dc.gov by clicking the link for “Complaint Filing.” Complaints can be made in person or online. All forms needed to file a complaint can be downloaded from OHR’s website. Please let the DC Breastfeeding Coalition know about any breastfeeding-related complaints filed with OHR at info@dcbfc.org.



POLICY STATEMENTS ON BREASTFEEDING

United States medical organizations dedicated to the health of women and children include but are not limited to the following:

The American Academy of Family Physicians

www.aafp.org/online/en/home/policy/policies/b/breastfeedingpositionpaper.html

The American Academy of Pediatrics

pediatrics.aappublications.org/cgi/content/full/115/2/496

The American College of Nurse-Midwives

http://www.midwife.org/siteFiles/position/Breastfeeding_05.pdf?%20CFID=287854&CFTOKEN=11558609

The American College of Obstetricians and Gynecologists

www.acog.org/departments/underserved/breastfeedingStatement.pdf

The American Dietetics Association

www.eatright.org/cps/rde/xchg/ada/hs.xsl/advocacy_1728_ENU_HTML.htm

The Association of Women's Health, Obstetric, and Neonatal Nurses

www.awhonn.org/awhonn/?pg=873-6230-7000-4730-7240

www.awhonn.org/awhonn/content.do?name=02_PracticeResources%2F2C1_Breastfeeding.htm

The National Association of Pediatric Nurses Practitioners

www.napnap.org

download.journals.elsevierhealth.com/pdfs/journals/0891-5245/PIIS0891524506007322.pdf

The World Health Organization

www.who.int/en/

The agencies listed above support and encourage mothers to breastfeed. They recognize breastfeeding as the normal method of infant feeding and the best source of nutrition for the health and development of growing infants.

Breastfeeding is the best feeding method for all infants including premature and sick infants, with very few exceptions. Exclusive breastfeeding provides the nutrients a baby needs, with the gradual addition of appropriate complementary foods after approximately six months. Then, breastfeeding should continue throughout the first year and beyond, or as long as desired by the breastfeeding family. To read the specific statements of each organization go to their websites.



STEPS TO SUPPORT BREASTFEEDING FOR HEALTH CARE PROFESSIONALS

1. Make a commitment to promoting the importance of breastfeeding.
2. Train all physicians, health care workers, and office staff in the skills necessary to support breastfeeding.
3. Inform women and families about the benefits of breastfeeding to mom and baby during pregnancy.
4. Schedule newborn follow-up visit 2-3 days after discharge.
5. Provide education and support for establishing and maintaining breastfeeding even when mom returns to work.
6. Encourage early feeding within the first hour after delivery and every 2-3 hours thereafter or on demand.
7. Promote exclusive breastfeeding until approximately 6 months, then gradually add complementary foods for the first year and beyond; or as long as mutually desired by the mother and baby.
8. Perform breast assessment during pregnancy and make appropriate recommendations as needed.
9. Advocate support for breastfeeding in the work environment.
10. Assist with expanding the network of support for breastfeeding by encouraging insurance carriers to pay for breastfeeding services. You can also provide lactation support in your office.



BENEFITS OF BREASTFEEDING FOR BABY

BABIES WHO BREASTFEED ...

Are healthier babies -

Breastfed babies have:

- Less diarrhea and constipation
- Fewer colds
- Fewer ear infections
- Fewer bladder infections
- Fewer severe infections
- Lower risk of getting meningitis (brain infection)
- Lower risk of sudden infant death syndrome (SIDS)

Premature babies have all of the above benefits plus -

- Better eyesight
- Less chance of premie bowel disease (also known as NEC)

Are healthier children -

Breastfed babies have:

- Fewer allergies
- Less asthma
- Less eczema
- Better teeth and smiles



BABIES WHO BREASTFEED ...

Are healthier adults -

Breastfed babies have:

Lower risk of getting breast cancer

Lower risk of inflammatory bowel diseases

Lower risk of developing diabetes

And are less likely to be obese



Are smarter and more well-adjusted -

Some studies show that breastfed babies have higher IQs. The longer a baby is breastfed the more benefit he or she receives.



BENEFITS OF BREASTFEEDING FOR MOTHERS

MOTHERS WHO BREASTFEED

Have healthier bodies-

In the first week, breastfeeding helps the womb return to its normal size and protects a woman from losing too much blood after delivery.

In the first three months, breastfeeding helps a woman rebuild her iron supply and prevents anemia.

After she stops breastfeeding, a mother who breastfed her baby has stronger bones and less chance of breaking her hip (Less Osteoporosis).

Lower risk of breast cancer and ovarian cancer.

Have healthier minds-

Less postpartum depression

Less anxiety and stress

More stable moods

A closer bond with their babies

Save money-

Breastfeeding saves approximately \$1,500-\$2,000 a year

Women who breastfeed miss fewer days of work because their babies are healthier.

Have more time-

Breastmilk is always ready. There's no measuring, mixing, or warming.

Get their bodies back in shape sooner-

Breastfeeding helps a nursing mother return to her pre-pregnancy weight, especially noticed in her belly and thighs.



BREASTFEED: YOU CAN DO IT!

1. **START EARLY –**

Start thinking about breastfeeding while you are pregnant, so you can be ready. Breastfeed your baby as soon after birth as possible. An early start and frequent feedings will help your newborn learn easier and avoid problems.

2. **GET COMFORTABLE –**

There are 4 positions most moms use to breastfeed: cradle, cross-cradle, football or side lying. Learn and use all 4 positions to help prevent your breasts from becoming sore.

3. **NURSE OFTEN –**

In the first weeks, try to nurse your baby at least 8-12 times a day. Your baby may be really sleepy the first few days after birth. A sleepy baby will not feed well. Taking the blanket off, changing the diaper or stroking the soles of the feet are good ways to wake a baby.

4. **CHECK THE LATCH –**

Make sure your baby is latched onto the areola, not just the nipple. Before you leave the hospital ask the nurse or lactation consultant to assist you.

5. **NURSE ON DEMAND –**

Don't wait for your baby to cry! Crying is a late sign of hunger. If he seems hungry feed him; let him be the judge of how long and how often he wants to nurse. Most babies will feed every 2 hours. Remember the nighttime feedings. Listen for swallowing; you should hear your baby swallowing for at least 10 minutes, this is a good sign that your baby is getting enough breastmilk.

6. **OFFER BOTH BREASTS –**

Offer both breasts at each feeding. During the first few days you may only be able to get your baby to finish one breast at a feeding. That is OK, just start with the opposite breast at the next feeding.



BREASTFEED: YOU CAN DO IT!

7. CARE FOR YOUR BREASTS –

Express a little milk from your breast and apply it to your areola, the dark area of the breast. Let the breast air dry a few minutes after each feeding. Do not use soap or lotion on your breast. You may use pure lanolin if your nipples are sore. Caution: Do not use lanolin if you are allergic to wool.

8. HOLD OFF ON BOTTLES OR PACIFIERS –

Wait until your baby is 4-6 weeks old to introduce a bottle. Babies can get confused and then refuse to take the breast when they suck a bottle or pacifier. Your baby may suck less at the breast if she spends energy sucking a pacifier.



9. CALL FOR HELP –

Ask your partner, family, and friends for help with household tasks. See page 20 for a list of community resources.

10. RELAX –

Your baby will feel any tension you have. Create a quiet space, dim the lights, or play soft music. Breathe slowly in through your nose and out your mouth. Use your quiet voice as you gently stroke your baby.



BACK TO WORK TIMETABLE

Identify a sitter or day care center that is supportive of breastfeeding mothers (in some areas there may be long waiting list for child care, so start early, even before the baby is born)

10 - 14 days before:

- Begin to offer a bottle (baby may take it better if it contains breast milk and someone other than mom gives it). If mom is going back to school/work before the baby is 6 months old then bottles should be started between 4 and 6 weeks of age to avoid bottle refusal.
- If mom is going to pump, start using the pump; try it before the morning feed or whenever baby only takes one side. See “Tips for Successful Pumping” for more information.
- Ask your employer about a private place to pump while at work. Plan to pump every 3-4 hours.
- Think about clothes for school/work that will make pumping easy, such as loose-fitting tops.

7 - 10 days before:

- Leave baby with sitter for short time that includes at least one feeding period.
- If you are not going to pump at school/work, begin dropping one feeding every three days so your body can adjust. Only drop the feedings that would occur during school/work hours.

Night before:

- Pack the diaper bag, lunch, healthy snack for yourself, and your pump along with milk storage equipment.
- Plan dinner for the next night and decide with your partner who will cook.

First morning:



- Allow 30-60 minutes extra for getting dressed, nursing your baby, and packing for two people.

Every morning:

- Allow enough time to nurse the baby before you leave.
- Start dinner or start it defrosting in the refrigerator.

When you come home:

- Sit down and relax with your baby!!

ADAPTED WITH PERMISSION FROM #5 OF THE BABIES FIRST SERIES FROM THE
LEARNING CURVE OF WEINGART DESIGN 1997 BY MICHAEL YOUNG, M.D., FAAP
9/1997, REVISED 6/99



TIPS FOR SUCCESSFUL PUMPING

- Pump around the same time each day.
- If away from your baby, pump on the schedule your baby usually feeds.
- A relaxed environment, warm compresses and gentle breast massage will improve milk flow. Looking at a picture of your baby may help!
- When pumping one breast at a time, move the pump back and forth between breasts several times during the pumping session to increase the amount of milk you get.
- Don't give up if you don't get much milk on the first few tries. If you continue to pump regularly, you will usually get enough milk in one to two weeks.
- Store milk in the amount your baby usually takes in a single feeding to avoid waste.
- Milk may be stored in glass or hard plastic baby bottles. Label bottle with date, time of collection & any unusual food or medicine taken. Do not store in polyethylene containing products.
- Milk should be placed in the coldest part of the refrigerator or freezer (in the rear/away from the door) when storing. See the chart on next page for how long you can store milk. Breast milk often separates on standing; just swirl gently to remix.
- Warm breast milk by putting the bottle in a bowl of warm water. Do NOT heat in boiling water or a microwave; this can burn your baby and may lessen the health benefits of the breast milk.
- Your baby may not want to take milk in a bottle. Using a newborn size, slow flow nipple, and having someone else offer the feeding may make it easier. Depending on the age of the baby, cup or spoon feeding may be more acceptable. BE PATIENT! **If you need help, please call one of the listings in the Resources section.**



STORING & HANDLING OF HUMAN MILK

For Your Healthy, Full-Term Baby

Pumped Milk	Refrigerator	Refrigerator Freezer	Deep Freeze	Cooler with Frozen Ice Packs	Room Temperature	
	39°F	0°F	0°F	59°F	66-72°F	72-79°F
Fresh	8 days	3-4 months	12 Months	24 hrs	6-10 hrs	4 hrs
Frozen-thaw in Fridge	24 hrs	Do NOT refreeze	Do NOT refreeze	Do NOT Store	4hrs	4 hrs
Thawed but not yet given	4 hrs	Do NOT Refreeze	Do NOT Refreeze	Do NOT Store	Until Feeding Ends	
Thawed, but not finished	Discard	Discard	Discard	Discard	Until Feeding Ends	

Human Milk Banking Association of North America, 2006

To Thaw Frozen Human Milk

- Place milk storage bag/bottle in refrigerator until milk becomes liquid, or
- Place milk storage bag/bottle under cool running faucet water, or
- Place milk storage bag/bottle in a container of warm water. Do not allow the water to touch the cap/top of container of milk

Once milk is thawed fully, gently swirl the container to mix. DO NOT SHAKE.

*****NEVER MICROWAVE HUMAN MILK**



MOTHERS, WHEN CHOOSING WHAT TO FEED YOUR BABY

Please be aware of the following:

- Formula is an **inferior** substitute for breast milk.
- **Unlike breast milk - formula cannot** help protect your baby against colds, ear infections, diarrhea, and pneumonia.
- **Unlike breast milk - formula cannot** help protect your baby against Type 1 Diabetes, Type 2 Diabetes, and Childhood leukemia.
- **Unlike breastfeeding – formula cannot** help protect your baby against Sudden Infant Death Syndrome (**SIDS**).
- **Unlike breast milk, formula does not contain** everything that supports brain function. **Breastfed infants have higher IQ's** than formula fed infants.
- **Breastfeeding helps you lose weight** – you can burn 1,000 calories a day if you exclusively breastfeed your baby.
- **Breastfeeding helps protect you** against Type 2 Diabetes, ovarian cancer and breast cancer.
- It costs about **\$1,500.00 per year to formula feed**. If you get formula from WIC, remember, it is a supplement. It will run out before the month does. WIC supplies more food for mothers to eat when they breastfeed.

Formulas try to imitate breast milk. **Breast milk is the best milk for your baby.** Anything else is less than the best for your baby. It is your choice. **Please choose wisely.**

If you have the AIDS virus or if you are taking street drugs you should not breastfeed. If you are taking medicines, ask your doctor about their safety while breastfeeding.

Michal A. Young, M.D., F.A.A.P.

Breastfeeding Coordinator,

D. C. Chapter of the American Academy of Pediatrics

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HOW TO FIND BREASTFEEDING SUPPORT

Sometimes new mothers and families have questions or concerns. This is normal. There are ways for you to reach out for the support and encouragement you need to enjoy breastfeeding your baby.

Breastfeeding support services, both before and after your baby is born, can give you valuable information and help.



BREASTFEEDING CLASSES:

Classes may be held at a local hospital, in a clinic, or in an instructor's home. These classes teach:

- The benefits of breastfeeding for you and your baby
- How to hold your baby for a feeding
- How often and how long to feed
- How to tell your baby is getting enough breast milk
- When to call for help

Don't be afraid to ask where you can find a class. There may be a small fee for the class.

BREASTFEEDING SPECIALISTS:

These are specially trained people that have many different titles and they are able to help you either in the hospital and/or at home. You may see IBCLC, CLC, CLE, and CLS after their name; they can all give you excellent advice.

Feel free to ask what the initials mean, how long they have been helping breastfeeding mothers, where they were trained, or any other questions that are important to you.



BREASTFEEDING SUPPORT

BEFORE YOUR BABY IS BORN

Began thinking about breastfeeding, read breastfeeding materials, and ask your health care provider for support. See the breastfeeding resources on page 19 for places you can get help and information.

AFTER YOUR BABY IS BORN:

Before you leave the hospital, be sure you have information on breastfeeding help for when you when are at home. Ask about:

- Breastfeeding specialists who can visit you at home
- Places you and your baby can go for breastfeeding help, inquire about fees, location, and hours of operation
- Telephone numbers to call for help

BREASTFEEDING SUPPORT GROUPS:

Mothers need and enjoy the support, encouragement, praise, and friendship from a group of women they can relate to with babies who are about the same age. Look for these groups:

- The African American Breastfeeding Alliance
- La Leche League
- WIC
- Local Hospital Groups

BREASTFEEDING BOOKS:

There are many good breastfeeding resources at nearby libraries. Most have books in several different languages. Sometimes hospitals, breastfeeding specialists, and support groups have books that can be read there, or borrowed. Local bookstores have a wide selection of books as well. Please do not depend on materials written by a formula company.

SEE BREASTFEEDING RESOURCES ON PAGES 20 - 26 FOR PHONE NUMBERS FOR CLASSES AND SPECIALISTS.



BREASTFEEDING RESOURCES

AREA LACTATION CONSULTANTS

Jane Balkam, PhD, APRN, CPNP, IBCLC

Business Name: Babies n Business
Specializing in services for the working mother
Location: Bethesda, MD
Phone: 301-656-2526
E-mail: jbalkam@aol.com
Website: <http://www.worksitelactation.com>
Sliding scale: No

Ann Faust, IBCLC, LLLL

Business Name: Baby and Me Lactation Services
Services: Home visits, adoptive and induced lactation help, some hospital visits; also sees clients in their office
Location: Columbia, MD (sees patients in Howard Co and some areas of Montgomery and Baltimore Counties)
9551 Wandering Way Suite B Columbia, MD 21045
Phone: 240-893-3808
E-mail: annfaust@babyandmelc.com
Website: www.BabyandMeLC.com
Sliding Scale: Yes + free services to some WIC clients

Knight Kimberly, RN, BSN, IBCLC, RLC

Services: Private breastfeeding classes, Medela pump sales and rentals, specializes in premature babies and workplace lactation
Phone: 410-533-5343
E-mail: knightsgang@verizon.com
Location: Severna Park, MD
Slide scale: may apply

Kathleen Logan, RN, CPNP, IBCLC

Services: In home lactation consultations
Location: Arlington, Alexandria and NW DC
Phone: 703-869-6222
E-mail: kathlogan@gmail.com
Sliding scale: reduced rates may apply

Roberta Margot, RN, BSN, IBCLC, RLC

(See Shady Grove/Adventist HealthCare)



Kathy McCue, RN, MS, FNP, IBCLC

Business name: Great Expressions Breastfeeding Supplies and Lactation Consulting
 Services: Consulting services in your home or one of my offices
 Location: Bethesda, Rockville and Silver Spring
 Phone: 301-943-9293
 E-mail: BethesdaBreastfeeding@gmail.com
 Website: <http://www.bethesdabreastfeeding.com>
 Sliding scale: No

Lola Ogungbade, MS, IBCLC

Location: Prince Georges and Montgomery County, MD + DC
 Services: Home visits
 Phone 240-464-3767
 E-mail: Lola@MyLactationConsultant.org
 Sliding Scale: May apply

Colleen Prorock, RN, MSN, IBCLC

Location: Montgomery and Howard Co, MD
 Services: Home and office visits and worksite lactation programs
 Phone: 703-946-8093
 E-mail: cmprorock@aol.com
 Sliding scale: No

Sandra Resnick, RN, MSN, IBCLC

(See Shady Grove/Adventist HealthCare)

Pat Shelly, RN, MA, IBCLC

(See The Breastfeeding Center of Washington, DC)

Elizabeth Taylor, MS, RD, IBCLC

Location: Montgomery Co and DC
 Services: Home visits
 Phone: 301-460-5972
 E-mail: ElizabethT4111@verizon.net
 Sliding scale: May apply

Gwendolyn West IBCLC, CCE CLA CHt

Services: Client visits, office consultations, breastfeeding and childbirth education, institutional training/support
 Location: DC, MD, Northern VA
 Phone: 202-559-7609
 E-mail: gwest@wombfruit.net
 Web: www.wombfruit.net
 Sliding scale: Yes



Margaret Wills, IBCLC, RLC

Service: Home lactation consultation visits

Phone: 301-384-8649

Location: Silver Spring, MD

Sliding scale: May apply

LACTATION CENTERS

The Breastfeeding Center of Washington, DC

Address: 2141 K St NW Washington, DC 20037 (in lobby)

Services: office visits, pump rentals, free breastfeeding classes. Will see mothers receiving WIC on Thursdays without charge (Appointment required).

Phone 202-293-5182

Website: <http://www.breastfeedingcenter.org>

The Georgetown University Hospital Lactation Center

Services: office visits, prenatal Breastfeeding classes, support group, rental and sale of breastfeeding equipment/pumps. Limited charge for patients with financial need

Address: 3800 Reservoir Rd, NW Washington DC 20007

Phone 202-444-6455

E-mail: Parentingservices@gunet.georgetown.edu

Website: <http://www.georgetownuniversityhospital.org/body.cfm?id=1583>

The Lactation Center at INOVA Alexandria Hospital

Services: Individual consultations, rental and sale of breastfeeding equipment/pumps; Latch clinic twice weekly \$25/session. Open 7 days a week. Sliding scale may apply

Address: 4320 Seminary Rd Alexandria, VA 22304

Phone: 703-504-7867

Website: <http://www.inova.org/upload/docs/Healthcare%20Services/Women%20Services/lactation-brochure.pdf>

Shady Grove/Adventist HealthCare Outpatient Lactation Services

Services: Lactation consultation; BEST support group Wednesdays 2 to 3:30 (Free); free warm line to answer breastfeeding questions Monday to Friday 8 to 4:30; Rent and sell Medela breast pumps

Address: 1801 Research Blvd Suite 300 Rockville MD

Phone: 240-826-6667

Website: www.Shadygrovebaby.com



National Breastfeeding Support Center

Services: Breastfeeding classes, consultations, perinatal education, English/Spanish; Free for WIC clients

Address: Howard University Hospital 2041 Georgia Ave NW Washington, DC 20060

Phone: 202-865-1316

E-mail: GWest@huhosp.org

Website: <http://www.huhealthcare.com/pediatrics/programs.html#7>

Holy Cross Lactation Center

Services: Consultations 9 AM to 4 PM; free warm line to answer lactation questions, breast pump rentals and sales, bra fitting; parenting, breastfeeding and childbirth classes

Address: 9805 Dameron Drive #13 Silver Spring, MD

Phone 301-754-7745

Website: http://www.holycrosshealth.org/svc_maternity_lactation.htm

INOVA Fair Oaks Breastfeeding Center

Services: Lactation consultations for infants less than 3 weeks AND delivered at INOVA facility; warm line to answer questions. Sliding scale may apply

Address: 3600 Joseph Siewick Drive Fairfax, VA 22033

Phone: 703-391-3908

Website: <http://www.inova.org/healthcare-services/womens-health/locations/inova-fair-oaks-hospital/childbirth-services/breastfeeding-center.jsp>

MOTHER-TO-MOTHER SUPPORT GROUPS

African-American Breastfeeding Alliance (410)-818-0038

Services are FREE. Gives support and encouragement for African American breastfeeding women. Breastfeeding peer counselors are available.

La Leche League of DC 877-452-5324

877-4-LaLeche

Provides FREE phone support and monthly support meetings.
www.llofmd-de-dc.org



COMMUNITY RESOURCES

D.C. WIC

(800)-345-1WIC

WIC has FREE breastfeeding counselors in many locations throughout the city. Mothers returning to school or work or with medical needs may receive breast pumps. Call to see if you meet the income guidelines.

Family Health and Birth Center

202-398-5520

Provides OB/GYN care, with the option for moms to deliver in a hospital or birthing center, and pediatric care. Breastfeeding Peer Counselors are available to all women receiving pediatric care at the Birth Center for up to a year post-partum.

Healthy Babies Project

202-396-2809

Provides FREE childbirth education, parenting education, home visits, and free breast pumps for moms who complete the childbirth class series. www.healthybabiesproject.org

Teen Alliance for Prepared Parenting (TAPP)

202-877-0748

TAPP has 4 locations throughout the city. TAPP clients receive electric breast pumps and training. Offered through Washington Hospital Center.

HOSPITAL BREASTFEEDING SERVICES

Hospitals have special staff, “lactation consultants,” that offer breastfeeding services usually to their own patients who have delivered babies in that hospital. These services are given in the hospital. Once a mom goes home, phone support is available, and some hospitals provide outpatient drop-in services and classes at the hospital.

George Washington University Hospital	(202) 715-5069
Georgetown University Hospital	(202) 444-6455



Howard University Hospital	(202) 865-1316
Providence Hospital	(202) 269-7355
Sibley Memorial Hospital	(202) 243-2321
Washington Hospital Center	(202) 877-2838

BREAST PUMP RENTALS AND BREASTFEEDING SUPPLIES

Ameda Egnell	800-323-4060
www.ameda.com	

Medela, Inc.'s Breastfeeding National Network	800-TELLYOU
www.medelabreastfeedingus.com	800-835 - 5968

SPECIAL RESOURCES AND TRAINING

BLESS Initiative	202-865-3505
Breastfeeding Lactation Education and Support Services (BLESS) Howard University Hospital	

DC DOH Call Center	202-671-5000
The DC DOH call center provides free information and referrals on family health questions, including breastfeeding. This phone number links you to other services, including newborn visiting and DC Healthy Start.	

DC Breastfeeding Coalition	202-470-2732
P.O. Box 29214 Washington, DC 20017 Email: info@dcbfc.org Website: www.dcbfc.org	



National Women's Health Information**800-994-9662**www.4women.gov/breastfeeding

USDA-Food and Nutrition Service**703-305-2746**

Fathers Supporting Breastfeeding is a special project aimed at African American fathers. FREE materials can be ordered online.

www.fns.usda.gov/wic/Fathers/SupportingBreastfeeding.htm

WIC Breastfeeding Counselor Training**202-645-5663**

DC WIC offers free breastfeeding trainings to health care staff and community members every several months. Call for information or to sign up for training.

FOREIGN LANGUAGE SERVICES

Intercultural Health Access Program**202-865-5285**

Interpretation services can be provided for breastfeeding information and support for moms who do not speak English. This program is sponsored by Howard University Hospital and the DC Department of Health/Maternal and Family Health Administration.

Mary's Center-for Spanish-speaking moms**202-483-8196****202-232-6679(WIC)**

Interpretation services provided for Spanish-speaking families.



CALLING ALL DADS!

Did you know that breastmilk...

- Will protect your baby from ear infections, colds, diarrhea, asthma, Sudden Infant Death Syndrome (SIDS) and other childhood illnesses?
- Has all the nutrients your baby needs to be healthy and grow strong?
- Is the perfect food for growing your baby's brain to its fullest potential?

And that breastfeeding can...

- Save you \$1,500 - \$2,000 a year because it's FREE?
- Give you baby a head start in life and make your baby smarter?
- Let you have more time to rest instead of making bottles in the middle of the night?
- Provide health benefits for the mother too?



So, what can you do?

- Support your mate's decision to breastfeed. Your support can make a difference!
- Change diapers, burp the baby, cuddle and hold the baby close to you to soothe him.
- Take baby out with you while mom gets some rest, run errands, or help with household chores.
- Enjoy the love that breastfeeding creates.
- Talk to other men about breastfeeding issues by calling the Male Outreach Program at 1-800-MOM-BABY.



WHAT'S HEALTH INSURANCE GOT TO DO WITH IT?

It's very important to have health insurance if you are pregnant or have a new baby.

If you don't have health insurance, the DC government has different programs to provide you health care. Most DC pregnant women or new moms are eligible for a health insurance program. There is also a program for undocumented DC residents.

Call 202-671-5000 to find out how you can get health insurance for you and your baby. They will tell you about DC Healthy Families and the DC Health Care Alliance.

Health plans (HMOs) and health insurance programs are all different, whether or not the DC government pays for them. Health insurance can help in two ways with paying for breastfeeding services.

#1. Health plans may pay for a breastfeeding specialist (Lactation Consultant). Here are some tips.

- Ask about what breastfeeding services your health plan covers—before you choose a health plan.
- Call your health plan's Member Services to find out what they pay for.
- Under DC Healthy Families, you must choose a health plan. Some of the plans have breastfeeding services, some don't.
- Ask your doctor if they have a breastfeeding specialist in their office. If not, you can ask for a referral.
- Call the resources listed in this guide if you need help.



BREAST PUMPS AND HEALTH INSURANCE

#2. Health plans may pay for a breast pump.

Breast pumps are very important when you need to be away from your baby to go back to work or school. However, some health plans do not pay for breast pumps for these purposes.

The DC Breastfeeding Coalition is dedicated to working to encourage DC area health plans to pay for breast pumps. Until then, here are some tips.

Ask questions:

- Call Member Services and ask about the rules for getting a breast pump.
- Ask your doctor to write a prescription for a breast pump

Health plans may pay for a breast pump if:

- Mom or the baby has a medical need.
- Baby is being fed only with breastmilk
- Baby remains in hospital after mom is discharged

If you have private insurance, there may be paperwork to do:

- You may need to file a claim with your insurance company to get back the money you paid.
- Save your breast pump receipt. Some health plans may reimburse you for all or part of it.

Also, WIC clients with medical need may be able to receive free pumps through WIC.



BECOMING A BREASTFEEDING-FRIENDLY EMPLOYER

Employers who increase the support they provide for breastfeeding mothers have found that there are company and family benefits including:

- Reduced staff turnover and increased retention of skilled workers after the birth of their child
- Reduced leave time for parents of breastfed infants who are more resistant to illness
- Lower and fewer health care costs associated with healthier breastfed infants
- Higher job productivity, employee satisfaction, and morale
- Enhanced loyalty among employees
- Added recruitment incentives for women
- Improved positive image in the community

Three essential requirements to ensure that employees can successfully combine work and breastfeeding include:

Time: Sufficient break time to pump, or flexible work hours.

Space: Provide a clean, comfortable, and private space for breastmilk expression. Access to a sink for hand and pump washing is necessary. The bathroom is not an acceptable option! Nearby, or on-site childcare would facilitate employees breastfeeding while on break or during lunch.

Support: Develop “mother-friendly” workplace policies; improve attitudes towards breastfeeding by educating workers and management about the benefits of breastfeeding. Survey your employees to assess the need to establish a place to pump on your work site. To become a breastfeeding-friendly employer see: <http://www.usbreastfeeding.org/LinkClick.aspx?link=Publications%2fWorkplace-2002-USBC.pdf&tabid=70&mid=388> and <http://www.usbreastfeeding.org/LinkClick.aspx?link=Publications%2fWorkplace-Checklist-2002-USBC.pdf&tabid=70&mid=388>



TIPS FOR HEALTH CARE PROVIDERS

As a health care provider, you can ADVOCATE on behalf of DC families to encourage health plans to pay for breast pumps.

Here's how:

- Educate the health plan about the benefits of breastfeeding and how it will save health care costs for both the baby and the mother.
- Remind the health plan that the American Academy of Pediatrics passed a resolution recommending that 3rd party payers provide lactation services as a cost effective measure.
- Work with families to submit claims several times, each time with more detailed explanations. This works—so keep trying!
- Ask the breastfeeding service provider for a detailed bill with the insurance code numbers. Attach the doctor's prescription to the insurance form.
- If the baby has a health problem (is premature, allergic to formula, etc.), payment for breastfeeding services should be submitted on the baby's health insurance claim. If the mom has a health problem, payment should be applied for on the mom's claim.

DC Government Rules

Many DC families are insured through either the DC Health Care Alliance or DC Healthy Families. Each program has different rules.

For DC Healthy Families (Medicaid): Only providers are allowed to submit claims for breast pumps. Prior authorization is required. Providers must submit a medical equipment form (719A) to Medicaid.

For DC Health Care Alliance: Call Member Services—202-842-2810 to see what breastfeeding services are covered.

Coding: For all breast pumps, DC Medicaid uses #1399—"Durable Medical equipment, miscellaneous." Accessories can be billed using A9900.



WOMEN, INFANTS, AND CHILDREN (WIC)

BEAUTIFUL BEGINNINGS CLUB

The Beautiful Beginnings Club provides support so that mothers can give their babies a healthy start in life with breast milk.

Beautiful Beginnings gives breastfeeding mothers, pregnant women and family members a chance to meet and talk to other pregnant women and new mothers. They share ideas and learn more about breastfeeding from each other and Breastfeeding Peer Counselors. The club offers special programs and activities to give mothers a chance to relax, have fun, and to learn from experts. Mothers receive special gifts and awards for their breastfeeding successes.

Ask your WIC nutritionist for a form to join the Beautiful Beginnings Club or come to the next meeting. You do not need to be a member to attend. Meetings are held monthly at all clinics, and WIC staff can provide you with a meeting schedule.

Call your local clinic or the WIC State Agency for more information at 202-645-5663.



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OUR SERVICES INCLUDE:

- ◆ Primary pediatric care (up to age 21)
- ◆ Well-woman GYN care (includes annual 24 hour emergency call services for all clients)
- ◆ Prenatal care
- ◆ Breastfeeding support and education
- ◆ Group childbirth education
- ◆ Doula Services
- ◆ Birth care (in our Birth Center facility or at nearby Washington Hospital Center)
- ◆ Yoga, nutrition programs, and other wellness opportunities

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(202) 293-5182 www.breastfeedingcenter.org

Store Hours: M-F 8:30-5pm Sat 10-4pm





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HUH Howard University Hospital



Pediatric and Child Health Services

Main Office 202.865.3028

Website: www.huhs.org/pediatrics

Primary Care Pediatricians

202.865.3028

Suite 3300 (Towers)

Millicent Collins, MD

Esther Forrester, MD

Renee Jenkins, MD

Sohail Rana, MD

Habib Shariat, MD

Lorelle Bradley, MD

Nikki Stewart, MD

Bring:

Insurance Information

Picture Identification

Most Insurances Accepted

Pediatric Services are Located:

1st Floor

- Pediatric Emergency Care Area
- Pediatric Clinic Outpatient Services
- WIC Family Center Services
- National Breastfeeding Support Center

3rd Floor

- Neonatal Intensive Care Unit (3 South)
- Newborn Care and Services (3 South)
- Pediatric Primary Care Office (Suite 3300 Towers)
- BLESS Lactation Services

5th Floor

- HUH CARES Family Centered HIV Services

6th Floor

- Project ROSE Early Childhood Services/



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Department of Pediatrics and Child Health

Family Pride

Specialty Services:



Adolescent Medicine

Appointments—Clinic

Dr. Renee R. Jenkins 202.865.1304
Dr. Esther Forrester 202.865.3028

Allergy/Immunology

Appointments

Dr. Elena R. Reece 202.865.6741

Emergency Care Pediatrics

Dr. Habib Shariat 202.865.6100
Dr. Millicent Collins

Child Development Center

Appointments 202.806.6973

Dermatology

Appointments 202.865.1808
Dr. Rebat Halder, Chief

Neonatology

Dr. Michal Young 202.865.1539
Dr. Inez Reeves 202.865.1539
Dr. Pauline Ting 202.865.1539

Endocrinology

Appointments 202.865.3028
Dr. Gail Nunlee-Bland 202.865.4758

Genetic Counseling

Appointments

Barbara Willis-Harrison 202.806.6329
Pager# 7276 202.865.7243

Hematology/Oncology

Appointments

Dr. Sohail Rana 202.865.4583

Neurology

Clinic Appointments 202.865.1401
Dr. Annapuri Jayam-Trouth 202.865.1546

Ophthalmology

Appointments

Dr. Janine Smith 202.865.1530

Orthopedic Surgery

Appointments

Dr. Terry Thompson 202.865.1183
Dr. Robert Wilson 202.865.1183

Pediatric Dental Clinic

Appointments 202.806.0307

Urology

Appointments

Dr. Aaron Jackson 202.865.1314
Dr. Chiledum Ahaghotu 202.865.7720
(circumcision for infants and children)

Family Centered Public Health Services

Davene M. White, RN, NNP, MPH, Director
BLESS Lactation Support 202.865.3505
HUH CARES (HIV/AIDS) 202.865.4842
HUH WIC Family Center 202.865.4942
Project ROSE (Early Intervention) 202.865.4816



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Leadership in Healthcare...Leadership for America and the Global Community

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Women, Infants, & Children



Eligibility:

- Pregnant, new mother, breast-feeding mother or have a child under the age of 5
- live in DC (U.S citizenship not required)
- meet income guide lines (working families may qualify)
- Students with children

You can \$ave money on
\$ Milk, Cheese, Eggs
\$ Juice
\$ Cereal
\$ Fresh Fruits & Veggies
\$ Formula & Supplements

Howard University Hospital WIC Family Center
2041 Georgia Avenue, NW First Floor-Pediatric Services

Note: Families who are currently enrolled in DC Healthy Families, Medicaid, TANF, and the Food Stamp Program are financially eligible for the WIC program.

**For more info Call: (202) 865-4WIC
(4942)**

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Lisa-Marie@birthingbasics.net
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Howard University Hospital
B.L.E.S.S. INITIATIVE
Breastfeeding, Lactation, Education and Support Services

A Project of the Department of Pediatrics and Family Services and HUH WIC

Services include:

Beautiful Beginnings Club

Meets monthly. Bring a pregnant or breastfeeding friend.
 Your baby is welcome!

National Breastfeeding Support Center

Have Breastfeeding problems or concerns?

Call for appointments 8:30am – 4:30pm

Howard University Hospital, 1st Floor

Childbirth Education Classes

Learn what to expect during labor and how to give your baby the best start by breastfeeding!

The BLESS Team

Michal Young, MD, FAAP

Medical Director of Lactation Services

202-865-1316

Gwendolyn West, CCE, IBCLC

Lactation Consultant

202-865-3505

Breast feeding Peer Counselors

Howard University Hospital

2041 Georgia Avenue, NW

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Call 202-865-1316

for locations, appointments, and schedules



ADVERTISEMENT REQUEST FORM

Advertise your business in the next DC Breastfeeding Resource Guide developed by the DC Breastfeeding Coalition, Inc.

Our resource guide lists breastfeeding information, services and providers that help Washington, D.C. families receive the breastfeeding support that they need.

Over 20,000 FREE copies of our guide have been provided to families and practitioners in Washington, DC.

Business Card Size	\$75 for two years
Half Page	\$150 for two years
Full Page	\$300 for two years

Please contact Angela Ewing-Boyd at angeleb70@gmail.com for more information.

Make check payable to:

DC Breastfeeding Coalition and mail to PO Box 29214, WDC 20017

Business Card Size Approx. 2"x 3 1/2"

Half Page Ad Approx. 3 1/8" x 4 1/2"

Full Page Ad Approx. 6 1/4" x 4 1/2"

** We prefer digital media with camera-ready graphics. All ads will need to be pasted into the final document for printing.*

***We reserve the right to accept or reject any advertising based on guidelines established by the DC Breastfeeding Coalition, Inc.*

Business Card

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Phone: 202-470-2732

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