

District of Columbia Breastfeeding Resource Guide



A Publication of the DC Breastfeeding Coalition

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Mission Statement

The DC Breastfeeding Coalition was established to increase the breastfeeding rates of all infants living in the District of Columbia. Working in partnership with maternal and child health professionals, community health organizations, and mother-to-mother support groups, the DC Breastfeeding Coalition seeks to promote, protect and support culturally-sensitive programs and activities that build awareness and understanding of the preventive health benefits of breastfeeding. Through its breastfeeding research, advocacy and educational activities, the Coalition seeks to reduce health disparities - particularly among the most vulnerable infants and children living in our communities.

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

<http://pediatrics.aappublications.org/content/129/3/e827.full?sid=686282a8-3fe6-4955-9070-90a2bee7119b>

The American College of Nurse-Midwives

<http://goo.gl/krTLEj>

The American College of Obstetricians and Gynecologists

<http://acog.org/About-ACOG/ACOG-Departments/Breastfeeding>

The American Dietetics Association

<http://www.eatright.org/resource/health/pregnancy/breast-feeding/breast-feeding-basics-for-healthy-babies>

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

<http://onlinelibrary.wiley.com/enhanced/doi/10.1111/1552-6909.12530/>

The National Association of Pediatric Nurse Practitioners

<http://goo.gl/C2prpk>

The World Health Organization

<http://www.who.int/topics/breastfeeding/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 Healthcare Professionals

1. Make a commitment to promoting the importance of breastfeeding.
2. Train all physicians, healthcare 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 on demand thereafter.
7. Promote exclusive breastfeeding until 6 months, then gradually add complementary foods for the first year and beyond; support breastfeeding for 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.



TIPS FOR HEALTHCARE 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 Affordable Care Act requires coverage of breastfeeding services and equipment without a copay to families.
- 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 Healthy Families (Medicaid)

Starting April 1, 2014, the District's Medicaid program covers breast pumps and lactation supplies for mother of infants age 0 through 11 months when considered medically necessary. Individual electric breast pumps may be provided when nursing mothers are separated from their infant on a regular basis such as being employed. Call Member Services - 202-842-2810 to see what breastfeeding services are covered.

Coding:

- Hospital grade electric pumps, use CPT code E0604
- Individual Electric Breast Pump, use CPT E0603
- Manual Breast Pump, use CPT E0602



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 \$1,200 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.
see page 16 for more information on breastfeeding positions
- 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. 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 birthing facility ask the nurse or lactation specialist to assist you.
see page 15 for more information on latching
- 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 in the beginning. 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.
see page 14 for more information on better understanding if your baby is hungry



Breastfeed: you can do it!

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.

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 pages 19-22 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.



How to Better Understand Your Baby

Hearing your baby cry can be stressful! There are many reasons babies cry. Babies need to cry sometimes, but knowing why can help you prevent some crying.

Reasons baby cry:

Needs a diaper change	Wants to be near you
Too hot or cold	Tired
Wants to do something different	Lonely
Too loud or bright in the room	Hungry

Babies have other ways to tell us what us what they need. They move their bodies and make noises in ways that talk to us. We call these 'baby cues'. There are several main cues:

They are saying, "I want to be near you!"

- Eyes are open and face is relaxed
- Try to reach toward us
- Lift their faces and smile

They are saying, "I need a break!"

- Turn head or whole body away from us
- Stiffen their bodies and fuss a little
- Yawn, rub their eyes, or give other tired signs

They are saying, "I'm hungry!"

- Bring hands to mouth
- Sucking on things
- Tight fists over tummy
- Awake and alert

Adapted with permission from: http://www.nal.usda.gov/wicworks/Sharing_Center/CA/SelfLearningModules/UnderstandingBabyEng.pdf



Latching

Latch: the way the baby's mouth closes around your breast.

Getting the baby to latch on well may take time and practice.

Signs of a Good Latch

The latch feels comfortable to you

Baby's head and body are turned towards your chest without baby needing to turn his or her head

Baby's mouth covers your entire nipple and some or all of the areola (dark area around your nipple)

More of the areola is showing on the top of than the bottom

Baby's mouth is open wide with lips turned outwards

Baby's chin touches your breast



- Tickle your baby's upper lip or nose with your nipple so your baby opens his mouth **WIDE**.

- When your baby's mouth is wide open, bring your baby close so the chin touches your breast first and your baby's mouth goes up and over your nipple

- Your baby's mouth should be wide open with the lips turned outwards. You can hear your baby sucking and swallowing.

Adapted with permission from the Office on Women's Health, U.S. Department of Health and Human Services, www.womenshealth.gov



Breastfeeding Holds

Some mothers find these positions help their baby latch. You may need to try different holds to find the one that works best for you.

Cross Cradle Hold



Good for mothers new to breastfeeding because it supports your baby well and you have a good view of your baby latching. Hold your baby with the arm opposite the breast you are using. Hold the back of your baby's neck and bring your baby up to the level of your breast. Turn your baby completely towards you with his/her body in a straight line. Use your other hand to support your breast.

Football Hold



Good for mothers who had a C-section or have large breasts. Hold your baby at your side at the level of your nipple and facing up. Hold the back of your baby's neck with your palm. Your baby will be tucked under your arm.

Side-Lying



Good for mothers who had a C-section. Lie on your side with your baby facing you. Your baby should be in a straight line. Be careful to stay awake for safety.

Cradle Hold



Good for mothers who are experienced with breastfeeding. Your baby's body should be tummy to tummy with yours.

Adapted with permission from the Office on Women's Health, U.S. Department of Health and Human Services, www.womenshealth.gov



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 birthing facility, 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
- Milk collection and storage for returning to work
- 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 birthing facility 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

Begin thinking about breastfeeding, read breastfeeding materials, take a class on breastfeeding, 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 birthing facility, schedule your baby a doctor's appointment and be sure you have information on breastfeeding help for when you 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:

- Breastfeeding USA
- Mocha Moms
- La Leche League
- WIC
- Local Birthing Facility Groups

Breastfeeding Books:

There are many good breastfeeding resources at nearby libraries. Most have books in several different languages. Sometimes birthing facilities, 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 19-26 for phone numbers for classes and specialists.



Breastfeeding Resources

Area Lactation Consultants

Jane J. Balkam, PhD, APRN, CPNP, IBCLC

Business Name: Babies n Business, LLC
 Services: Specializing in support for breastfeeding women in the workplace
 Location: Bethesda, MD
 Phone: 301-656-2526
 E-mail: jrbalkam@aol.com
 Website: <http://www.worksitelactation.com>
 Sliding scale: No

Joanne Eddy, IBCLC & Julie Oberholzer, IBCLC

Business Name: Holistic Mothering
 Services: Breastfeeding support, prenatal classes, and childbirth classes. Reiki as well.
 Phone: 703-854-1900
 E-mail: info@holisticmotheringgroup.com
 Website: www.holisticmotheringgroup.com

Ann Faust, MBChB, BA (Hons), IBCLC, RLC

Business Name: Baby and Me Lactation Services
 Services: Home visits, adoptive and induced lactation help, tongue tie, milk supply issues, 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)
 Address: 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. Please check our website for further discounts.

Ania Gold, IBCLC

Services: Home visits; provide extensive lactation consults in the form of home visits, email, and Skype follow-up.
 Location: Montgomery Co, MD and DC Metro Area
 Phone: 240.620.5134
 Email: agoldibclc@gmail.com



Susan Howard, RN, IBCLC

Business name: Arlington Lactation, LLC

Services: Private in-home breastfeeding support, prenatal visits, and return-to-work consults; specializing in tongue-ties and supporting the working-pumping mom.

Location: Arlington, McLean, & Falls Church

Phone: 703-651-6466

Email: susan@arlingtonlactation.com

Kimberly Knight, RN, BSN, IBCLC, RLC

Services: Include private consults (office or home).

Location: Severna Park, MD

Phone: 410-533-5343

E-mail: knightsgang@verizon.net

Website: breastfeedingworks.com

Sliding scale: yes (no free services for WIC clients)

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

Nancy Mallin, IBCLC

Services: Provides in home breastfeeding support.

Locations: Montgomery County and DC

Phone: 301.897.3533

Email: nancymallin@rocketmail.com

Roberta Margot, RN, BSN, IBCLC, RLC

(See Shady Grove/Adventist HealthCare)

Kathy McCue, RN, MS, FNP, IBCLC

Business name: Bethesda Breastfeeding, LLC

Services: Consulting and pump rental and purchases.

Location: 4927 Auburn Avenue, 1st floor, Bethesda, MD 20814

Phone: 301-943-9293

E-mail: BethesdaBreastfeeding@gmail.com

Website: <http://www.bethesdabreastfeeding.com>

Sliding scale: Yes



Lola Ogbonlowo, MD, IBCLC

Services: Home visits.

Location: Prince George's and Montgomery County, MD and DC

Phone: 240-464-3767

E-mail: Lola@MyLactationConsultant.org

Sliding Scale: May apply

Colleen Prorok, RN, MSN, IBCLC

Services: Home and office visits and worksite lactation programs.

Location: Montgomery and Howard County, MD

Phone: 703-946-8093

E-mail: cmprorok@aol.com

Sliding scale: No

Patricia Ried, PhD, IBCLC

Business Name: Bethesda Birth & Baby, LLC

Services: Private practice lactation consultant and birth doula.

Location: Montgomery County, DC and surrounding areas

Phone: 240.899.1761

Email: patricia@bethesdabirthandbaby.com

Website: www.bethesdabirthandbaby.com

Sandra Resnick, RN, MSN, IBCLC

(See Shady Grove/Adventist HealthCare)

Pat Shelly, RN, MA, IBCLC

(See The Breastfeeding Center for Greater Washington)

Elizabeth Taylor, MS, RD, IBCLC

Services: Home visits.

Location: Montgomery Co and DC

Phone: 301-460-5972

E-mail: ElizabethT4111@verizon.net

Sliding scale: May apply

Alexandra Walker, MA, IBCLC

Services: Able to address basic breastfeeding needs, management and issues (latching, weight loss/gain, pumping). Able to do home visits as well.

Location: DC Metro Area

Phone: 301-646-5747

Email: alex@bcclactation.com

Website: www.bcclactation.com



Gwendolyn West, IBCLC, CCE, CLA, CHt (Spanish-Speaking)

Services: Client visits, office consultations, breastfeeding and childbirth education, institutional training/support.

Location: DC, MD, and Northern VA

Phone: 202-642-9662

E-mail: gwest@wombfruit.net

Web: www.wombfruit.net

Sliding scale: Yes

Margaret Wills, IBCLC, RLC

Services: Home lactation consultation visits

Location: Silver Spring, MD

Phone: 301-384-8649

Website: www.FullCircleLactation.com

Sliding scale: May apply

Lactation Centers

The Breastfeeding Center for Greater Washington

Address: 2141 K St NW, Suite 3, Washington, DC 20037

Services: Office visits, pump rentals, free breastfeeding classes. Breastfeeding accessories also available for sale. Will see mothers receiving WIC without charge (appointment required).

Phone: 202-293-5182

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

Children's National East of the River Lactation Support Center

Address: 2501 Good Hope Road, SE Washington, DC 20020

Services: Prenatal breastfeeding education classes, office visits, support group. All services are FREE.

Phone: 202-476-6941

Website: http://childrensnational.org/choose-childrens/deciding-on-care/support-for-families/lactation-services?sc_lang=en



Holy Cross Lactation Center

Address: 9805 Dameron Drive #13 Silver Spring, MD

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.

Phone: 301-754-7745

Website: <http://www.holycrosshealth.org/breastfeeding>

INOVA Fair Oaks Breastfeeding Center

Address: 3600 Joseph Siewick Drive Fairfax, VA 22033

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

Phone: 703-391-3908

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

The Lactation Center at INOVA Alexandria Hospital

Address: 4320 Seminary Rd Alexandria, VA 22304

Services: Individual consultations, rental and sale of breastfeeding equipment/pumps;

Latch clinic (babies less than 3 weeks) twice weekly \$25/session, \$75/private consult.

Lactation appointments available Monday-Saturday 10am-2pm.

Phone: 703-504-7867

Website: <http://www.inova.org/iah>

National Breastfeeding Support Center

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

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

Phone: 202-865-1316

E-mail: GWest@huhosp.org

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

Shady Grove/Adventist HealthCare Outpatient Lactation Services

Address: 820 West Diamond Avenue, Gaithersburg, MD 20878

Services: Lactation consultation; BEST support group Wednesdays 10:30am - Noon (free, if delivered at Shady Grove or Washington Adventist; \$10/session if delivered elsewhere);

free warm line to answer breastfeeding questions Monday to Friday 9am to 5:00pm; Rent and sell Medela breast pumps.

Phone: 240-826-6667

Website: www.Shadygrovebaby.com



Mother-To-Mother Support Groups

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

(800)-345-1WIC

D.C. WIC

202-442-9397

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.

Community of Hope Family Health and Birth Center

202-398-5520

Provides well woman and prenatal care (including group prenatal care), with the option for moms to deliver in a hospital or birthing center; primary care services for children and adults (men and women). Breastfeeding peer counselors are available to all women receiving pediatric care at the birth center for up to a year postpartum.

Healthy Babies Project

202-396-2809

Provides FREE parenting education for teen clients and home visits for all clients enrolled in the program.
www.healthybabiesproject.org



Birthing Facility Breastfeeding Services

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

George Washington University Hospital	(202) 715-4248
MedStar Georgetown University Hospital	(202) 444-6455
Howard University Hospital	(202) 865-3505
Providence Hospital	(202) 269-7355
Sibley Memorial Hospital	(202) 243-2321
MedStar Washington Hospital Center	(202) 877-2838

Breast Pump Rentals and Breastfeeding Supplies

Ameda	1-866-99AMEDA
www.ameda.com	1-866-992-6992
Medela, Inc.’s Breastfeeding National Network	1-800-TELLYOU
www.medelabreastfeedingus.com	1-800-835 - 5968
National Women’s Health Information	1-800-994-9662
www.womenshealth.gov/breastfeeding	



Foreign Language Services

**Mary's Center-for Spanish-speaking
moms**

202-483-8196

202-232-6679(WIC)

Interpretation services provided for Spanish-speaking families.

Special Resources and Training

Lactation Education Resources

703-868-1849

Specialists in lactation management! Providing training for professionals over 20 years. Online and onsite classes available. Lactation Consultant Training)(45 and 90 hours), Baby-Friendly Hospital Training (20 hours), Breastfeeding Resource Nurse (45 hours), In-Patient Breastfeeding Specialist (7hours) and much more. Contact Vergie Hughes, RN, MS, IBCLC, FILCA, for details. ProgramManager@LactationTraining.com

BLESS Initiative

202-865-3505

Breastfeeding Lactation Education 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



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 202-442-9397.



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
Revised 3/6/08



Back to School/Work Timetable

Identify a sitter or day care center that is supportive of breastfeeding mothers (in some areas there may be a 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 MICHAL 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 production 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	Up to 77°F 80-89°F
Fresh	5 days	3-6 months	6-12 Months	24 hrs	6-8 hrs 3-4 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

Academy of Breastfeeding Medicine Human Milk Storage Protocol & CDC, 2010

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**



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 \$1,200 a year because it's FREE?
- Give your 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 (AmeriHealth DC, MedStar Family Choice, and Trusted Health Plan) and the DC HealthCare Alliance. The Affordable Care Act (ACA) requires insurance companies to cover comprehensive breastfeeding support and counseling by a trained provider during pregnancy and/or in the postpartum period without cost sharing (i.e., no copay).

However, coverage can vary between plans. The DC Healthy Families plans provide coverage of lactation services as of April, 2014 for up to 60 days post-partum.

Services include:

#1. Lactation consultation, education, and support provided by a physician, a nurse practitioner, a nurse mid-wife or a certified 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.
- 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
- **Starting August 1, 2012** the Affordable Health Care Act requires non-grandfathered private health insurance plans to cover the cost of renting breastfeeding equipment without cost sharing (i.e., no copay).

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.

Starting April 1, 2014, the District's Medicaid program covers breast pumps and lactation supplies for mother of infants age 0 through 11 months as "durable medical equipment" when considered medically necessary. Individual electric breast pumps may be provided when mothers who need to maintain lactation are separated from their infant on a regular basis such as being employed.

Also, exclusively breastfeeding WIC clients returning to work or school or with medical need may be able to receive free electric 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.womenshealth.gov/breastfeeding/employer-solutions/index.php?from=breastfeeding>





Breastfeeding Friendly Workplace

The DC and Maryland Breastfeeding Coalitions joined hands to recognize work sites within the District, Maryland and Northern Virginia that are committed to promoting and protecting their female employees' right to provide human milk to her infant as long as she may choose. The Workplace Awards were established in 2010 thanks to funding support from a grant from the Health Resources and Services Administration called the "Business Case for Breastfeeding." The following businesses have been recognized so far:

Large Businesses (500+ Employees)

Gold

AOL (2011)	MedStar Washington Hospital Center (2012)
Baltimore City Health Department (2014)	NASA Goddard Space Flight Center (2012)
Children's National Medical Center (2011)	National Institutes of Health (2011)
Defense Intelligence Agency (2013)	National Public Radio (2013)
Dept. of State - Educational & Cultural Affairs/International Informational Programs (2014)	National Security Agency (2012)
Fairfax County Government (2010)	Shady Grove Adventist Hospital (2012)
Georgetown University Hospital (2010)	Sodexo (2012)
George Washington University (2013)	U.S. Census Bureau (2013)
Greater Baltimore Medical Center (2011)	U.S. Department of Agriculture (2010)
Holy Cross Hospital (2012)	U.S. Food and Drug Administration (2014)
Johns Hopkins Bayview Medical Center (2014)	U.S. Office of Personnel Management (2010)
Johns Hopkins East Baltimore Medical Campus (2010)	Union Hospital of Cecil County (2014)
Kaiser Permanente of the Mid-Atlantic States (2011)	University of Maryland Baltimore (2010)
MedStar St. Mary's Hospital (2013)	Upper Chesapeake Medical Center (2013)
	Walter Reed National Military Medical Center (2012)



Silver

- Anne Arundel County Health Department (2010)
- Anne Arundel County Medical Center (2010)
- Baltimore City Health Department (2011)
- Children's National Medical Center (2010)
- D.C. Department of Health (2012)
- Kaiser Permanente of the Mid-Atlantic States (2010)
- Northwest Hospital (2011)
- Washington Adventist Hospital (2011))

Bronze

- Calvert Cliffs Nuclear Power Plant (2014)

Medium Businesses (50-500 Employees)**Gold**

- American College of Obstetricians & Gynecologists (2014)
- BCS, Inc. (2013)
- Community Clinic, Inc. (2011)
- Howard County Health Department (2010)
- Naval Health Clinic Patuxent River (2013)
- United Therapeutics (2014)

Silver

- Central Special School (2012)

Bronze

- Progressions Salon Spa Store (2014)
- Maryland Public Television (2012)
- Space Telescope Science Institute (2012)

Small Businesses (<50 Employees)**Gold**

- Mosiac Power (2014)
- Soft and Cozy Baby (2013)



Silver

- AFI Silver Theatre (2012)
- Cornrows & Company (2014)
- Strathmore (2012)

Special Commendations

For continued efforts to provide an exceptionally supportive work environment for breastfeeding families

- Baltimore City Health Department (2014)
- Shady Grove Adventist Hospital (2013)
- University of Maryland Baltimore (2013)
- U.S. Department of Agriculture (2013)
- Walter Reed National Military Medical Center (2013)



Large Health Care Providers (30+ Employees)

- Children's Health Center at Children's National (2014)
- Community of Hope Family Health and Birth Center (2014)

Medium Health Care Providers (15-30 Employees)

- Greenspring Pediatrics Associates (2014)
- Midwives of MedStar (2014)



Baby-Friendly Hospitals and Birthing Centers

The Baby-Friendly Hospital Initiative (BFHI) is an international program sponsored by the World Health Organization (WHO) and the United Nations Children’s Fund (UNICEF) which certifies hospitals and birthing centers that provide optimal breastfeeding support. In order to be designated as Baby-Friendly, hospitals need to fulfill the Ten Steps to Successful Breastfeeding and undergo a rigorous evaluation process. These are the Tens Steps:

1. Maintain a written breastfeeding policy that is routinely communicated to all healthcare staff.
2. Train all healthcare staff in skills necessary to implement this policy.
3. Inform all pregnant women about the benefits and management of breastfeeding.
4. Help mothers initiate breastfeeding within one hour of birth.
5. Show mothers how to breastfeed and how to maintain lactation, even if they are separated from their infants.
6. Give infants no food or drink other than breastmilk, unless medically indicated.
7. Practice “rooming in”-- allow mothers and infants to remain together 24 hours a day.
8. Encourage unrestricted breastfeeding.
9. Give no pacifiers or artificial nipples to breastfeeding infants.
10. Foster the establishment of breastfeeding support groups and refer mothers to them on discharge from the hospital or clinic.

The following DC hospital has been designated as Baby-Friendly:
MedStar Georgetown University Hospital

The following DC hospitals have filed their letter of intent to become Baby-Friendly and are currently pursuing designation:

Community of Hope at Family Health and Birth Center
Howard University Hospital
MedStar Washington Hospital Center
Providence Hospital
United Medical Center



medela 

Helping mothers
provide the
best for their
babies

- ✓ Breastpumps
- ✓ Breastfeeding Accessories
- ✓ Breast Care Products
- ✓ Intimate Apparel



To locate Medela products or a Breastfeeding Specialist in your area call 1-800-TELL YOU or visit us on the web at www.medela.com.



Lactation Education Resources

Lactation Management Training from Novice to Expert

Lactation Education Resources provides online lactation consultant training and innovative educational materials for professionals online and onsite.



Online Training

- 👉 Lactation Consultant Training Program
- 👉 Basics of Lactation Management for Maternity Staff
- 👉 Ethics for Lactation Consultants E-CERPs
- 👉 IBLCE Exam Review
- 👉 Training for PHNs, clinic nurses, and outpatient center staff

Traveling Onsite Trainings

- 👉 One-half, one or two day programs
- 👉 Breastfeeding Resource Nurse
- 👉 Towards Exclusive Breastfeeding
- 👉 Inpatient Breastfeeding Specialist

Baby Friendly Hospital Training

- 👉 Online training for nurses, physicians, and public health nurses (optional)
- 👉 Discounts for large institutions
- 👉 Annual Update course available

www.LactationTraining.com





breastfeeding chef

Did You Know?

Breastfeeding moms can use delicious whole foods to address:

Low Milk Supply	Eczema	Fatigue
Colic	Skin Irritations	Weight Loss
Cradle Cap		

The Breastfeeding Chef can show you how!

Visit the Breastfeeding Chef at:
www.breastfeedingchef.com
 Nutrition and lifestyle guidance for breastfeeding and weaning moms

Recipes | Nutrition | Support | Inspiration | Community




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Breastfeeding Moms Welcome

Supporting Breast Nutrition
 Cornrows & Co. Natural Haircare Salon
www.cornrowsAndco.com
 202 723-1827



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AquaDoula® Tub rental Cultural, language and life-style sensitive



Claudia Booker, CPM BIRTHING HANDS

Claudia Booker, a Certified Professional Midwife (CPM), Home Birth Midwife, licensed in Virginia, is a healthcare professional who'll work with you and your partner to guide you through your pregnancy and labor with a holistic, knowledge-based approach. As a CPM, Claudia is one of an exclusive cadre of local midwives who also serves as a doula. Visit Claudia's website or contact her to find out more.

www.birthinghands.net

Contact Claudia:
birthinghandsdc@gmail.com
202-236-1764



Let Claudia be your guide to motherhood...handled with care.



HUH Howard University Hospital



Pediatrics and Child Health Services

Main Office 202.865.3028

Website: www.huhosp.org/pediatrics

Primary Care Pediatricians

202.865.3028

Suite 3300 (Towers)

Lorelle Bradley, M.D.

Millicent Collins, MD

Esther Forrester, MD

Sohail Rana, MD

Habib Shariat, MD

Nikki Stewart, MD

Bring:

Insurance Information

Picture Identification

Most Insurances Accepted

Pediatric Services are Located:

1st Floor

- Pediatric Emergency Care Area
- WIC Family Center Services 202 865-4942

3rd Floor

- Neonatal Intensive Care Unit (*3 South*)
- Newborn Care and Services (*3 South*)
- Pediatric Primary Care Office (*Suite 3300 Towers*)
- BLESS Lactation Services/ National Breastfeeding Support Center (3J14)
- HUH Child Development Center (3J13)

2018 Georgia Ave, N.W.

- HUH CARES Family Centered HIV Services
- HUH CARES National Capital Strong Start Prenatal Services

6th Floor

- HUH CARES Strong Start Early Intervention Program

School Based Health Centers

- **Colts Wellness Center at Coolidge High School**
- **Crimson Tide Wellness Center at Dunbar High School**



Family Pride
Specialty Services:

Adolescent Medicine
Appointments—Clinic

Dr. Esther Forrester 202.865.3028

Genetic Counseling
Appointments
 Barbara Willis-Harrison
 Pager# 7276

 202.806.6329
 202.865.7243

Allergy/Immunology
Appointments

 Dr. Elena R. Reece  202.865.6741

Hematology/Oncology
Appointments
 Dr. Sohail Rana

202.865.4583

Emergency Care Pediatrics

 Dr. Habib Shariat
 Dr. Millicent Collins 202.865.1181

Neurology
Appointments 202.865.4700
 Dr. Annapuri Jayam-Trouth 202.865.1546

Child Development
Appointments
 Dr. Edwin Powell
 Ms. Davene White 202.865-1592

Ophthalmology
Appointments
 Dr. Janene Smith-Marshall 202.865.1257

Dermatology
Appointments 202.865.1808
 Dr. Rebat Halder, Chief

Orthopedic Surgery
Appointments
 Dr. Terry Thompson 202.865.1183

Neonatology

 Dr. Michal Young 202.865.1539
 Dr. Inez Reeves 202.865.1539

Pediatric Dental Clinic
Appointments 202.806.0307

Endocrinology
Appointments 202.865.3028
 Dr. Gail Nunlee-Bland 202.865.4758

Urology
Appointments
 Dr. Chiledum Ahaghotu 202.865.7720
(circumcision for infants and children)
HUH CARES Family Centered Public Health Services

 Davene M. White, RN, NNP, MPH, Director, 202-865-7012
 Orissa Massey, MSW, HU School Based Health Centers 202.865.3588
 Vernessa Perry, MSPH, HU School Based Health Centers 202.865.4509
 Lenora McClain, PhD, Family Centered HIV/AIDS Services 202.865.4842
 Gwen West, IBCLC, Lactation Support 202.865.3505
 Nadine Dowdie, MPH, RD, WIC Family Center 202.865.4942
 Dorese Eubanks, Early Intervention Specialist 202.865.4816
 Andre Junior, Strong Start Prenatal Care Services 202.865.3521

HOWARD
UNIVERSITY
 Faculty Practice Plan

Welcome

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




Howard University Hospital
B.L.E.S.S. INITATIVE
Breastfeeding, Lactation, Education and Support Services

A Project of the Department of Pediatrics and Child Health
 and HUH CARES WIC Family Centers

Services include:

BLESS Mothers Support Group

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, 3rdFloor

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 202-865-1316

Medical Director of Lactation Services

Gwendolyn West, CCE, IBCLC 202-865-3505

Lactation Consultant

Vernessa Perry, MPH 202-865-4509

Mother's Support Group Leader

Howard University Hospital

2041 Georgia Avenue, NW

Welcome

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Bienvenida

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Call 202-865-1316

for locations, appointments, and schedules





Children's National

East of the River

Lactation Support Center

Services offered

- Prenatal Breastfeeding Education Classes
- Community Lactation Support
- Mom-to-Mom Breastfeeding Support Groups
- Back-to-Work Breastfeeding Consults

Hours

Monday - Friday
8:30 am - 5:00 pm

Call 202-476-6941 for more information

or visit www.ChildrensNational.org
2501 Good Hope Rd, Washington, DC 20020
This institution is an equal opportunity provider.



Womb Fruit

202-642-9662
gdrwest@wombfruit.com
www.wombfruit.com
[@WombFruitDC](https://twitter.com/WombFruitDC)

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Lactation Consultant • Perinatal Educator

Birth Education • Labor Assistance • Lactation Consultation

Therapeutic Imagery & Relaxation • Newborn Care / CPR Instruction

• Institutional Training



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 40,000 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 resourceguide@dcbfc.org 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

Half Page

Full Page





TOP TEN REASONS TO BREASTFEED YOUR BABY

1. Breast milk is the best and most natural food for your baby. It is the only food needed for the first six months.
.....
2. Your breast milk has health benefits that formula can't match. Breastfed babies are sick less often. They are also better protected from diabetes, obesity, allergies, asthma, and even Sudden Infant Death Syndrome (SIDS).
.....
3. Breastfeeding will save you more than \$1,200 a year since you won't need to buy formula.
.....
4. Breastfeeding is healthy for you, too. It helps you heal and lose weight after having a baby. It also protects against diabetes and some kinds of cancers.
.....
5. Breast milk is always safe, fresh, and exactly the right temperature for your baby. There is nothing to prepare; it's always ready.
.....
6. Breast milk is the perfect food for your baby, and changes to meet his needs as he grows.
.....
7. Breastfeeding helps you and your baby share a close and special bond.
.....
8. Breastfeeding is especially important if your baby is born before her due date. It helps to prevent NEC (necrotizing enterocolitis) and your baby will come home sooner.
.....
9. Breastfeeding allows you to provide something for your baby that no one else can—even while you're at work.
.....
10. Breastfeeding is good for the environment. Your milk goes from you to your baby—no bottles or cans to recycle!

Photo © Indiana Black Breastfeeding Coalition



We can help you breastfeed or pump milk for your baby.

If you have questions or need help, call:

Breastfeeding Center for Greater Washington
(202) 293-5182
www.breastfeedingcenter.org

Children's National East of the River Lactation Support Center
(202) 476-6941

Community of Hope Family Health & Birth Center
(202) 398-5520
www.communityofhopedc.org/fhbc

District of Columbia Breastfeeding Coalition
(202) 470-2732
www.dcbfc.org

District of Columbia WIC Program
(202) 442-9397
<http://doh.dc.gov> (click on Services, click on WIC)

George Washington University Hospital Lactation Support
(202) 715-4248
lactation.support@gwu-hospital.com

**Breastfeeding Lactation Education & Support Services
at Howard University Hospital**
(202) 865-3505; www.huhealthcare.com

La Leche League of DC
(202) 544-3917
www.llofmd-de-dc.org

MedStar Georgetown University Hospital
(202) 444-6455
www.MedstarGeorgetown.org/Lactation

**MedStar Washington Hospital Center
Lactation Resource Center**
(202) 877-2838; www.whcenter.org

Providence Hospital Lactation Support Services
(202) 269-7355 or (202) 269-7549
www.provhosp.org

Sibley Memorial Hospital Lactation Services Warm Line
(202) 243-2321
sibleylactation@jhmi.edu

United Medical Center Mother-Baby Unit
(202) 574-6591
www.united-medicalcenter.org



**District of Columbia
Breastfeeding Coalition**

This program is funded wholly, or in part, by the Government of the District of Columbia, Department of Health, Community Health Administration.





PO Box 29214, Washington, DC 20017

www.dcbfc.org

Phone: 202-470-2732

Email: info@dcbfc.org