

# LACTATION RESOURCES

## EXETER HOSPITAL LACTATION SERVICES

Located in the Family Center Call 603.580.6358 ext. 4324

Breastfeeding Support Groups Facilitated by an Exeter Hospital Lactation Consultant

Offered year-round, and held every Tuesday 1-2:30pm

## PRIVATE PRACTICE LACTATION CONSULTANTS

- zipmilk.org
- lica.org

## WEBSITES

KellyMom Parenting & Breastfeeding

kellymom.com

Breastfeeding Made Simple

breastfeedingmadesimple.com

Nancy Mohrbacher, Breastfeeding Blog

Nancymohrbacher.com

La Leche League International

l.li.org

Infant Risk Center at Texas Tech University

infantrisk.org

American Academy of Pediatrics

healthychildren.org

World Health Organization

who.int/topics/breastfeeding/en

NH Breastfeeding Taskforce

nhbreastfeedingtaskforce.org

MA Breastfeeding Coalition

massbreastfeeding.org

International Lactation Consultant Association

Inside Track llca.org

## APPS

Breastfeeding Management: Breastfeeding Solutions by Nancy Mohrbacher

Medication Safety while Breastfeeding: LactMed by National Library of Medicine

## BOOKS

**Breastfeeding Made Simple: Seven Natural Laws for Breastfeeding**, 2<sup>nd</sup> edition

Nancy Mohrbacher, Kathleen Kendall-Tackett, and Jack Newman, 2010

**Womanly Art of Breastfeeding**, 8<sup>th</sup> edition

Diane Wiessinger, Diana West, and Teresa Pitman, 2010

**Nursing Mother, Working Mother – The Essential Guide to Breastfeeding Your Baby Before and After Your Return to Work**, Gale Pryor and

Kathleen Huggins, 2007

**The Nursing Mother's Companion**, 8<sup>th</sup> edition

Kathleen Huggins, 2019

**The American Academy of Pediatrics New Mother's Guide to Breastfeeding**, 3<sup>rd</sup> edition

Joan Younger Meek MD, 2017

**Mothering Multiples: Breastfeeding and Caring for Twins and More!** (La Leche League International Book)

3<sup>rd</sup> edition, Karen Kerkhoff Gromada, 2007

## GETTING A BREAST PUMP

Contact your insurance company to find out what they cover and require for you to get your breast pump and lactation services. You may need to use a specific company to purchase your pump and they may require a prescription from your provider. Some companies are set up to help with the process of getting your pump through your insurance company. Families have given great feedback on this company: Acelleron Medical Products [ordermypump.com](http://ordermypump.com), call: 877.932.6327, fax: 866.615.6082

Women, Infants and Children (WIC) eligible families should contact the NH WIC office: 800.942.4321 or 603.271.4546