PENNSYLVANIA BREASTFEEDING REFERRAL GUIDE

pennsylvania
DEPARTMENT OF HEALTH

REVISED January 2014

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Introduction

The Pennsylvania Breastfeeding Referral Guide contains county-specific individuals and organizations that can provide breastfeeding awareness, support and assistance. It includes information on lactation specialists, community programs, support/mother groups, community coalitions, breast pump rentals and retail purchases, and local, state and national help lines.

Definitions of the terms used in the guide are presented after the Table of Contents. County pages can be printed individually by county for handy reference. Additionally, a listing of websites and other materials is included for your review and use. The Ctrl (control key) + Click (mouse click) function is enabled in this document, so mouse over any of the entries in the Table of Contents, and use Ctrl + Click to navigate directly to the selected page.

This document is only being made available electronically, and you can print copies from it. If you are unable to print a copy, you may contact us at the phone number or email below and we will print and send you a single copy.

The Referral Guide is based on information submitted to PA Department of Health. Updates or corrections can be sent to:

Sheena Abraham
Pennsylvania Department of Health
Health and Welfare Building, 7th Floor, West Wing
625 Forster Street
Harrisburg, PA 17120-0701
sheabraham@pa.gov
(717)783-1289

Please Note: The Department of Health is providing information in this document as a means of supporting breastfeeding women but does not endorse any individual or organization presented in this Guide, nor does it endorse any commercial products or producers that are presented.

Definitions

International Board Certified Lactation Consultants (IBCLC) are breastfeeding specialists who have completed a minimum of 90 hours of education plus at least 1,000 hours of clinical experience and have qualified as International Board Certified Lactation Consultants (IBCLC) by passing the certifying examination given by the International Board of Lactation Consultant Examiners. These specialists offer assistance for complicated situations requiring hands-on help: low milk supply, baby who is having difficulty latching onto the breast or is sucking incorrectly, sore nipples or breasts, a baby with Down syndrome, twins, a premature baby with a feeding problem, a cleft palate baby, illness of mother or baby, breastfeeding an adopted baby, etc. Some hospital-based lactation consultants provide consults after discharge. There may or may not be a fee for this out-patient service. Private practice lactation consultants may provide home visits and/or see clients at their offices. There is a fee for the service that is covered by some insurance companies. Some practitioners have a sliding scale of fees. To find a local lactation consultant go to **www.ilca.org/i4a/pages/index.cfm?pageid=3337**.

Lactation Nurses (RN, CNM) are nurses or nurse midwives who have additional breastfeeding training and experience but have not taken the certifying exam given by the International Board of Lactation Consultant Examiners. Problems beyond their level of skill are referred to an IBCLC.

Certified Lactation Educators/Counselors (CLE, CLC, CBC) are breastfeeding counselors/educators who have completed a 12 to 40-hour course in breastfeeding and have passed a certifying exam. Breastfeeding problems beyond their level of skill are referred to an International Board Certified Lactation Consultant.

La Leche League Leaders are experienced breastfeeding mothers who are accredited by La Leche League International (LLLI) to help mothers and mothers-to-be with breastfeeding. Leaders are ready to offer encouragement, support, information and practical help to both mothers and medical professionals. All shared information of a medical nature has been approved by the LLLI Health Advisory Council.

Other Volunteer Breastfeeding Mothers' Groups
Some counties have additional breastfeeding groups, either through hospital-based mother groups or volunteer organizations. Women who have breastfed may decide to volunteer their time to help other mothers succeed at breastfeeding. Some attend training courses to learn about breastfeeding beyond their own personal experience. They are available by telephone or group meetings to answer questions about breastfeeding and parenting.

WIC Program
The Pennsylvania WIC (Women, Infants and Children) Program, funded by the United States Department of Agriculture (USDA), provides supplemental foods and nutrition and breastfeeding education to eligible women, infants and children. WIC staff members receive training from IBCLCs on how to manage simple breastfeeding problems. Problems beyond their level of skill are referred to MDs or IBCLCs. WIC staff members also provide quality breast pumps and instruct mothers on their use. WIC can only provide these services to WIC participants.

ADAMS

Lactation Consultants/Nurses (hospital)
* **Gettysburg Hospital: 717-337-4184 – Jayne Sorber, RN, IBCLC jsorber@wellspan.org
**Breastfeeding classes available*
***Out-patient lactation consults, fee for service*

Lactation Consultations after hospital discharge
Home visits: Suzy Wilkinson, RN, IBCLC: 717-264-2520 or 717-860-0177 (Chambersburg)
Office visits: Gettysburg Hospital: 717-337-4184 – Jayne Sorber, RN, IBCLC jsorber@wellspan.org

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Anela Hadzalic, CLC: 717-334-7634 ext. 189 (Gettysburg)
Susan Davis, DTR, IBCLC: 717-263-0802 ext 329 (Chambersburg)
Karen Gosnell: 717-263-0802 ext 308 (Chambersburg)

La Leche League
Lorraine: 717-762-9094 (Waynesboro)
Heidi: 717-372-3380 (Chambersburg)

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666 Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women's Health Information Center: 800-994-9662 www.womenshealth.gov/breastfeeding

Adams County Breastfeeding Task Force
Jayne Sorber, RN, IBCLC jsorber@wellspan.org Chairperson 717-337-4184

Electric Breast Pump Rentals* (general public)
East Berlin Pharmacy: 717-259-0421 (East Berlin)
Breast Expressions: 717-264-2520 (Chambersburg)
Equipped for Life: 717-263-4188 (Chambersburg)
Gettysburg Hospital: 717-337-4184 (Gettysburg)
Hanover Hospital Outpatient Pharmacy: 633-2244 (Symphony pump sales, ask for "Paul")
A Mother's Boutique: 724-934-8795 (Wexford, PA) will mail rental pump judy@mothersboutique.com
**Some rental stations also carry pumps for purchase.*
Wellspan Pharmacy at V Twin Drive 339-2600 for (Medela pump sales only)

Breast Pumps Retail
The baby section of local department stores and pharmacies may carry various brands of pumps. Choose wisely! Pump brands vary in quality and effectiveness. Call a local breastfeeding specialist for more information. NOTE: The Food and Drug Administration (FDA) considers breast pumps single use devices, with the exception of FDA cleared, hospital-grade pumps, and recommends that pumps should only be used by one woman, because there is no way to guarantee the pump can be cleaned and disinfected between uses by different women.

Breast pump customer service numbers and websites:
Medela: 800-435-8316 www.medela.us
Ameda: 866-992-6332 www.ameda.com
Hygeia: 888-786-7466) www.hygeiababy.com
Limerick: 877-546-3742 www.limerickinc.com
Avent: 800-542-8368 www.avent.com
Bailey: 800-413-3216 www.baileymed.com

ALLEGHENY

Lactation Consultants (hospital)
Children's Hospital of Pittsburgh:
Angie Kirkwood, RN, IBCLC angela.kirkwood@chp.edu
In-patient: 412-692-5036 *Hours: Mon, Wed, Thurs & Fri till 11:00a.m. Tues 8 am to 4:30pm*
Primary Care Center - 412-692-6000 *Hours: Mon, Wed, Thurs & Friday Noon to 5:00pm*
*Forbes Regional Hospital: 412-858-2155 – Nadine Hannah, RN, IBCLC
* **Magee Women's Hospital: 412-641-1121--Kim Henry, IBCLC; Anna Heh, RN, BSN, IBCLC; Cindy Garrison, RN, IBCLC; Grace Hudak, RN, BSN, M Ed, IBCLC; Shirley Jones, RN, IBCLC
**Mercy Hospital: 412-232-7135 - Diane Bear, RN, IBCLC and Sarah Krivonik, RN, IBCLC
* **St Clair Hospital: 412-942-5875
Michele Zimmerman, RN, BSN, IBCLC stclairlactation@stclair.org
Amber D. Linder RN, BSN, CCE, CPST, CBC
* **Heritage Valley Sewickley: 412-749-7494 - Edith Davidson RN, IBCLC, Lisa Powner RN, IBCLC, Susan Pointer RN, MSN, IBCLC
* **Western Pennsylvania Hospital: 412-578-7030 - Sandy Porco, RNC, BSN, IBCLC, Lillian Roth, RN, IBCLC, Julie Brown, RN, IBCLC; and Bob Monteverde, RN, IBCLC
* **Midwife Center for Birth and Women's Health 412-321-6880 x 220
Cheryl Bradshaw, RN, BSN, IBCLC (midwifery center clients only)
**Breastfeeding classes available*
***Some hospitals provide out-patient lactation consults, generally fee for service.*

Lactation Consultations after hospital discharge Office visits:
Breastfeeding Center of Pittsburgh 412-246-4726 www.breastfeedingcenterofpittsburgh.com
Provides prenatal breastfeeding class and a Working and Breastfeeding class
Heritage Valley Sewickley: 412-749-7494
Mercy Hospital: 412-232-7135
Magee Women's Hospital: 412-641-1121
Western Pennsylvania Hospital: 412-578-7030

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666 Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
Allegheny County Breastfeeding Help Line (for WIC and general public)
412-247-1000 (Staffed by IBCLCs - 8AM-4PM daily)
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women's Health Information Center: 800-994-9662 www.womenshealth.gov/breastfeeding

Allegheny County Breastfeeding Coalition
Contact: Rebecca Ulke 412-350-5438 rulke@achd.net

La Leche League
Main contact number for updated information on Allegheny County mother groups: 412-276-5630

Airport Area (1st Thur. AM)
Tiffany: 412-269-1473
Laura: 724-457-0221
Toni: 724-630-6348

Bethel Park (1st Wed. AM)
Megan: 412-595-7242
Terri: 412-257-4019
Veronica: 412-207-2542
Amy: 412-531-3704
Lisa: 412-885-0513

Plum/Monroeville (2nd Tues. PM)
Jeannette: 724-733-1793

ALLEGHENY (continued)

South Hills (2nd Fri., PM)
Heather: 412-207-2845
Angel: 412-884-5786

Strip District (1st Wed. noon)
Teresa: 412-341-1804

Pitts. East (1st Tues PM & last Tues AM)
Jennifer: 404-409-7442
Kristie: 412-727-2279
Miranda: 412-613-6457
Tamara: 412-832-4070

North Hills (3rd Mon. AM)
Sandee: 412-732-2693
Genevieve: 412-301-0426
Sarabeth: 724-824-8244

Other Allegheny County
Janet: 412-832-0604
Teresa: 412-341-1804
Tiffany: 407-488-7992

The Nursing Café Sandy Porco sporco@wpahs.org

WIC Breastfeeding Support/Breast Pumps/Home Visits (for WIC participants only)
Main Lactation Line: 412-350-3163
Rebecca Ulke, IBCLC 412-350-5438
Nellie Wiancko, IBCLC 412-350-3162
Mary Ufnar, RN, IBCLC 412-350-2465

Electric Breast Pump Rentals* (general public)
Consignment Cottage: 412-262-0833 (Moon Twp.)
Natural Mothering: 412-461-6921 (Munhall)
Mommy Gear Pittsburgh SW: 888-624-4327 (Pittsburgh)
*Magee Women's Hospital of UPMC Lactation Center: 412-641-1121 (Oakland)
Mercy Hospital: 412-232-7135
St Clair Memorial Hospital: 412-942-5875 (Upper Saint Clair)
Breastfeeding Center of Pittsburgh: 412-246-4726 (Squirrel Hill and Pleasant Hills)
*West Penn Hospital 412-578-7030
*A Mother's Boutique 724-934-8795 www.mothersboutique.com
**Some rental stations also carry pumps for purchase.*

Breast Pumps Retail
The baby section of local department stores and pharmacies may carry various brands of pumps. Choose wisely! Pump brands vary in quality and effectiveness. Call a local breastfeeding specialist for more information. NOTE: The Food and Drug Administration (FDA) considers breast pumps single use devices, with the exception of FDA cleared, hospital-grade pumps, and recommends that pumps should only be used by one woman, because there is no way to guarantee the pump can be cleaned and disinfected between uses by different women.

Breast pump customer service numbers and websites:

Medela:	800-435-8316	www.medela.us
Ameda:	866-992-6332	www.ameda.com
Hygeia:	888-786-7466)	www.hygeiababy.com
Limerick:	877-546-3742	www.limerickinc.com
Avent:	800-542-8368	www.avent.com
Bailey:	800-413-3216	www.baileymed.com

ARMSTRONG
(Includes Indiana)

Lactation Consultants (hospital)
* **Armstrong County Memorial Hospital Lynn McGahan, RNBC, IBCLC
724 545-3586, mcgahan@acmh.org
*Indiana Regional Medical Center Desiree Beppler, RN, BSN, CLC dbeppler@IndianaRMC.org
**Breastfeeding classes available*
***Some hospitals provide out-patient lactation consults, generally fee for service.*

Lactation Consultants
Michelle Roth, BA, IBCLC michelle.roth2@chp.edu 724-548-2283
Children's Community Pediatrics Armstrong
www.childrenspeds.com/services-and-programs/lactation-consulting-services
Armstrong County Memorial Hospital Lynn McGahan, RNBC, IBCLC 724 545-3586, mcgahan@acmh.org

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Billie Jo: 866-942-2778 (Indiana County)
Debbie: 866-942-2778 (Armstrong County)
Jen: 866-942-2778 (Armstrong County)

La Leche League
Stephanie: 724-463-4661

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666 Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women's Health Information Center: 800-994-9662 www.womenshealth.gov/breastfeeding

Electric Breast Pump Rentals* (general public)
Diamond Medical Supply: 724-349-2830
Blessed Arrivals Doula Service: 724-433-4782 or 724-257-9352
Baird Medical Equipment: 1-215-884-2990 Klamont@bairdrespiratory.com
A Mother's Boutique: 724-934-8795 (Wexford, PA) will mail rental pump judy@mothersboutique.com
**Some rental stations also carry pumps for purchase.*

Breast Pumps Retail
The baby section of local department stores and pharmacies may carry various brands of pumps. Choose wisely! Pump brands vary in quality and effectiveness. Call a local breastfeeding specialist for more information. NOTE: The Food and Drug Administration (FDA) considers breast pumps single use devices, with the exception of FDA cleared, hospital-grade pumps, and recommends that pumps should only be used by one woman, because there is no way to guarantee the pump can be cleaned and disinfected between uses by different women.

Breast pump customer service numbers and websites:

Medela:	800-435-8316	www.medela.us
Ameda:	866-992-6332	www.ameda.com
Hygeia:	888-786-7466)	www.hygeiababy.com
Limerick:	877-546-3742	www.limerickinc.com
Avent:	800-542-8368	www.avent.com
Bailey:	800-413-3216	www.baileymed.com

BEAVER

(Includes Butler and Lawrence)

Lactation Consultants (hospital)
*Butler Memorial Hospital:
Becky Fuhrer, RN, IBCLC: 724-284-4334, Ann Snodgrass, BSN, IBCLC: 724-284-4696
Heritage Valley Sewickley Lactation office: 412-749-7494
**Breastfeeding classes available*
Some hospitals provide out-patient lactation consults, generally fee for service.

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Barb, Aimee, Christie, Lynda, and/or Jen 866-942-2778 (Beaver/Butler/Lawrence County)
PA Department of Health Breastfeeding Hotline: 1-855-4-ASK-MOM

La Leche League Breastfeeding Warmline (find group nearest to you: 412-276-5630)

Butler County:	Vicki : 724-453-3524	Jeannie: 724-287-8660	
Beaver County:	Claire: 412-788-1567	Laura: 724-457-0221	Toni: 724-709-7061
Lawrence County:	Cathy: 724-651-0111	Lynda: 724-752-1880	Mary Catherine: 724-654-8782

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666 Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women's Health Information Center: 800-994-9662 www.womenshealth.gov/breastfeeding
National LLL Breastfeeding Hotline 1-800-525-3243
Infant Risk Center Helpline 1-806-352-2519 www.infantrisk.org *
*Provides up- to- date evidence based information on medications during pregnancy and breastfeeding.

Electric Breast Pump Rentals (general public)
Consignment Cottage 412-262-0833
Medcare – 724-256-5110 (Julia for Butler area or 800-503-5554)
Healthy Kids RX – 724-934- KIDZ
A Mother's Boutique: 724-934-8795 (Wexford, PA) will mail rental pump judy@mothersboutique.com
Baird Medical Equipment: 1-215-884-2990 Klamont@bairdrespiratory.com
*Some rental stations also carry pumps for purchase.

Breast Pumps Retail
The baby section of local department stores and pharmacies may carry various brands of pumps. Choose wisely! Pump brands vary in quality and effectiveness. Call a local breastfeeding specialist for more information. NOTE: The Food and Drug Administration (FDA) considers breast pumps single use devices, with the exception of FDA cleared, hospital-grade pumps, and recommends that pumps should only be used by one woman, because there is no way to guarantee the pump can be cleaned and disinfected between uses by different women.

Breast pump customer service numbers and websites:

Medela:	800-435-8316	www.medela.us
Ameda:	866-992-6332	www.ameda.com
Hygeia:	888-786-7466)	www.hygeiababy.com
Limerick:	877-546-3742	www.limerickinc.com
Avent:	800-542-8368	www.avent.com
Bailey:	800-413-3216	www.baileymed.com

BEDFORD
(Includes Fulton)

Lactation Nurses (hospital)
UPMC Bedford Memorial: 814-623-3516 Carrisa Restly, RN, CBC; Angela Martin, RN, CBC
Breastfeeding classes and Out-patient lactation consults are available

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Vicki Davis, BS, IBCLC: 814-623-6571 (Bedford) 814-635-3942 (Broad Top)
Dustin Wink, BS, CLC: 717-485-9484 (Fulton)

Breastfeeding Mothers' Group
Julie Kuhne 814-623-6571

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666 Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women's Health Information Center: 800-994-9662 www.womenshealth.gov/breastfeeding

Electric Breast Pump Rentals* (general public)
Suzy Wilkinson, RN, IBCLC: 717-264-2520 or 717-860-0177 (Chambersburg)
A Mother's Boutique: 724-934-8795 (Wexford, PA) will mail rental pump judy@mothersboutique.com
*Some rental stations also carry pumps for purchase.

Breast Pumps Retail
The baby section of local department stores and pharmacies may carry various brands of pumps. Choose wisely! Pump brands vary in quality and effectiveness. Call a local breastfeeding specialist for more information. NOTE: The Food and Drug Administration (FDA) considers breast pumps single use devices, with the exception of FDA cleared, hospital-grade pumps, and recommends that pumps should only be used by one woman, because there is no way to guarantee the pump can be cleaned and disinfected between uses by different women.

Breast pump customer service numbers and websites:

Medela:	800-435-8316	www.medela.us
Ameda:	866-992-6332	www.ameda.com
Hygeia:	888-786-7466)	www.hygeiababy.com
Limerick:	877-546-3742	www.limerickinc.com
Avent:	800-542-8368	www.avent.com
Bailey:	800-413-3216	www.baileymed.com

BERKS

Lactation Consultants (hospital)
* **Reading Hospital and Medical Center: 610-988-9299 or 610-929-9300
Jeanine Dorman, RN, BSN, IBCLC Jeanine.dorman@readinghealth.org Kathy Kuhn, RN, BSN, IBCLC
* ** ***St. Joseph Medical Center: 610-378-2068 Cindy Griffis, RN, IBCLC
* ***Reading Birth & Women's Center 610-777-7222 Miri Levi, CNM, IBCLC
**Breastfeeding classes available **Breastfeeding and working classes available*
****Some hospitals provide out-patient lactation consults, generally fee for service.*

La Leche League
Reading: Patty 717-445-5986 Amber 610-413-5569 Dawn 215-850-6287 Eliz. 610-371-9199
Boyertown: Stacy 610-944-6379

Lactation Consultations after hospital discharge
Home visits**:**
Janet Graczyk, BS, IBCLC 610-804-7998
Kristin Polston, RN, IBCLC 610-202-0139
Blossom Baby Lactation Services: 484-602-5420 Amy Nansteel, MA, CLC, Christy Hume, BA, IBCLC
Angela Quinn, BS, IBCLC, RLC 484-857-2229 Mother2MotherMatters@gmail.com
www.Mother2MotherMatters.com https://www.facebook.com/Mother2MotherMatters
Holly Michaelson, IBCLC 610-678-0575 LCHolly@gmail.com
Grand View Hospital, Phyllis Young RN, IBCLC 215-453-4594 pyoung@gvh.org www.gvh.org

Office visits**:**
St. Joseph Outpatient Lactation Services at Bern Township campus 610-378-2068 Cynthia Griffis
CindyGriffis@catholichealth.net
Reading Birth & Women's Center 610-777-7222 Miri Levi, CNM, IBCLC

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Sandy Kalish, CLC, WIC Breastfeeding Coordinator: 800-367-6347 skalish@mfhs.org
Jillian Meyer, CLC: 610-432-3455
WIC Breastfeeding Peer Counselor - Shillington WIC Center: 610-775-4210
WIC Breastfeeding Peer Counselor – Reading WIC Center: 610-373-5545

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666 Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women's Health Information Center: 800-994-9662 www.womenshealth.gov/breastfeeding

Berks County Breastfeeding Coalition: Cindy Griffis and Kathy Kuhn
CindyGriffis@catholichealth.net ; Kathleen.Kuhn@readinghealth.org

Electric Breast Pump Rentals (general public)
Caroline DiSandro: 484-949-9121
Blossom Baby Lactation Services: 484-602-5420 Amy Nansteel, MA, CLC, Christy Hume, BA, IBCLC
Pottstown Memorial Medical Center: 610-327-7242
Ephrata Medical Equipment: 610-898-8088
Superior Oxygen: 610-371-0202
Berk's Medical Equipment: 610-208-4655 (Blandon) *Limited stock*
Berk's Medical Equipment: 610-208-4662 (Reading) *Limited stock*
A Mother's Boutique: 724-934-8795 (Wexford, PA) will mail rental pump judy@mothersboutique.com

BLAIR

(Includes Huntingdon)

Lactation Consultants (hospital)

* **Altoona Regional Health System: 814-889-2557
Michele Thompson, RN, IBCLC mthompson@altoonaregional.org
Alison Keating, RN, BSN, IBCLC akeating@altoonaregional.org
Jenn Beckering, RN, IBCLC jbeckering@altoonaregional.org
Maureen Mitchell, RN, IBCLC

* **Nason Hospital: 814-224-6237 - Nancy Becker, RN, IBCLC NBecker@NasonHospital.com
Sharon Hanlon, RN, CLC
Erin Hollen, RN, CLC

*J. C. Blair Hospital: 814-643-8534 – Misty Oser, RN

**Breastfeeding classes available*

***Hospital provides out-patient lactation consults, generally fee for service.*

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)

Blair:

Tracy Kelley, CLC: 814-943-0481
Kathy Hart, CLC: 814-943-0481
Amy Brumbaugh, CLC: 814-943-0481
Susan Lamertina, CLC: 814-943-0481
Amy Lowe, CLC: 814-943-0481

Huntington:

Stephanie Weaver: BS, IBCLC, RLC: work: 814-643-4491 home: 814-342-3094 cell:814-883-6090
Vicki Davis, BS, IBCLC: 814-635-3942

Breastfeeding Mothers' Groups

La Leche League 2nd Monday at 10:00 am
Blair: Alison: 814-946-7061 alisonibclc@gmail.com
Stacey: 814-674-8995 stacnova@verizon.net

Altoona Hospital: 814-889-2557 4th Wed at 10am and 5:30pm mthompson@altoonaregional.org

Nason Hospital: 814-224-6221

Breastfeeding Help Lines

24-Hour Breastfeeding Support Line at Altoona Regional Health System: 814-889-2310
(If no answer, listen to the machine for other numbers.)

PA WIC Breastfeeding Warm Line: 1-855-427-5666 Monday - Friday 8 am – 8 pm. Sat and Sun 9-1

PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229

National Women's Health Information Center: 800-994-9662 www.womenshealth.gov/breastfeeding

Electric Breast Pump Rentals* (general public)

A Mother's Boutique: 724-934-8795 (Wexford, PA) will mail rental pump judy@mothersboutique.com

**Some rental stations also carry pumps for purchase.*

Breast Pumps for Purchase

The baby section of local department stores and pharmacies may carry various brands of pumps. Choose wisely! Pump brands vary in quality and effectiveness. Call a local breastfeeding specialist for more information. NOTE: The Food and Drug Administration (FDA) considers breast pumps single use devices, with the exception of FDA cleared, hospital-grade pumps, and recommends that pumps should only be used by one woman, because there is no way to guarantee the pump can be cleaned and disinfected between uses by different women.

Breast pump customer service numbers and websites:

Medela: 800-435-8316 www.medela.us
Ameda: 866-992-6332 www.ameda.com
Hygeia: 888-786-7466) www.hygeiababy.com
Limerick: 877-546-3742 www.limerickinc.com
Avent: 800-542-8368 www.avent.com
Bailey: 800-413-3216 www.baileymed.com

BRADFORD
(Includes Tioga)

Lactation Consultants/Nurses (hospital)
*Memorial Hospital, Inc: 570-268-2252 – Patti Esmus, RN, IBCLC, Claudia Piechocki, RN, BSN
*Robert Packer Hospital: 570-882-5034 – Karen Guthrie, RN, IBCLC , Wendy Bellows, RNC
Soldiers and Sailors Memorial Hospital: 570-723-7764 – Lillian Fox, RNC, IBCLC
**Breastfeeding classes available*

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Sandy Kalish, CLC, WIC Breastfeeding Coordinator: 800-367-6347 skalish@mfhs.org
Jillian Meyer, CLC: 610-432-3455
WIC Breastfeeding Peer Counselor- Towanda WIC Center: 570-265-7001

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666 Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women's Health Information Center: 800-994-9662 www.womenshealth.gov/breastfeeding

Electric Breast Pump Rentals (general public)
Towanda Memorial Hospital: 570-268-2252 (Towanda)
First Impressions (Robert Packer Hospital): 570-882-5863
Hubs Home Oxygen and Medical Supplies: 570-724-1515 (Wellsboro)
A Mother's Boutique: 724-934-8795 (Wexford, PA) will mail rental pump judy@mothersboutique.com

Breast Pumps Retail
The baby section of local department stores and pharmacies may carry various brands of pumps. Choose wisely! Pump brands vary in quality and effectiveness. Call a local breastfeeding specialist for more information. NOTE: The Food and Drug Administration (FDA) considers breast pumps single use devices, with the exception of FDA cleared, hospital-grade pumps, and recommends that pumps should only be used by one woman, because there is no way to guarantee the pump can be cleaned and disinfected between uses by different women.

Breast pump customer service numbers and websites:

Medela:	800-435-8316	www.medela.us
Ameda:	866-992-6332	www.ameda.com
Hygeia:	888-786-7466)	www.hygeiababy.com
Limerick:	877-546-3742	www.limerickinc.com
Avent:	800-542-8368	www.avent.com
Bailey:	800-413-3216	www.baileymed.com

BUCKS

Lactation Consultants (hospital)
*Doylestown Hospital: 215-345-2864
Lyn L. McNair, RNC, IBCLC
Jean Krauss, RN, IBCLC
Cindy Jarrett, RN, IBCLC;
Linda Doherty, RN, IBCLC
* **Grand View Hospital (Women's Center): 215-453-4594
Phyllis Young, RN, BSN, IBCLC,
Linda Doherty, RN, IBCLC
*St Mary Medical Center: 215-710-5988 (lactation counselor's line, calls returned within 48 hours)
Lisa Petrino, RN, BSN, IBCLC
Liz Belloff, RN, IBCLC
**Breastfeeding classes available*
***Some hospitals provide out-patient lactation consults, generally fee for service.*

Lactation Consultant/Nurse (within Pediatric Office)
Margiotti & Kroll Pediatrics, PC: 215-968-5800
Amy Goldberg, RN, CCE, CIMI, IBCLC, RLC 215-346-6177 (also accept lactation referrals from other practices)

Lactation Consultants (Private practice, fee for service)
Best for Babies Jean Krauss, RN, BSN, IBCLC 215-837-6664 jeanibclc@yahoo.com
Cindy Jarret, RNC, IBCLC 215-534-3439 (Doylestown) cindyjarret@yahoo.com
Blossom Baby Lactation Services: 484-602-5420 Amy Nansteel, MA, CLC, Christy Hume, BA, IBCLC
Breastfeeding Resource Center: 215-886-2433, Colette Acker, RN, IBCLC, Janice McPhelin, IBCLC
Judy Crouthamel, RNC, BSN, IBCLC: 610-584-6111 info@amazingnewborn.com www.amazingnewborn.com
Gail Dittes, RN, IBCLC: 267-879-5000 www.BreastfeedingHelper.com
Linda Doherty, IBCLC: 267-664-0759 (Perkasie)
Rachel Gazda, BSW, IBCLC rkrgazda@gmail.com
Cathy La Torre, IBCLC: 215-491-0502 (Dr. LaTorre's office)
Nikki Lee, RN, BSN, MS, IBCLC (Elkins Park) www.breastfeedingalwaysbest.com nleeguitar@aol.com
Jillian Nemeth, IBCLC 215-528-8759
Lisa Petrino, RN, BSN, IBCLC 267-994-4513 (Morrisville)
Geri Remy, IBCLC: 267-342-1354
Susan Slear, RN, IBCLC: 215-757-6006 or 267-231-9442 SSlearIBCLC@verizon.net www.BreastfeedingHelpCenter.com
Phyllis Young, RN, BSN, IBCLC: 215-453-4594 (Quakertown) pyoung@gvh.org www.gvh.org

Other lactation helpers
Debra Mannella, RN, CLC 215-915-8210

WIC Breastfeeding Support (for WIC participants only)
Jacqueline Lawson, BS, CLC: 267-580-3574 (Levittown and Warminster)
Wanda Manzi, BS, CLC: 215-244-2674 (Bensalem)
Amy Nansteel, BA, CLC: (home) 610-737-9851 (Phone consults in all Bucks areas)

BUCKS (Continued)

Breastfeeding Mothers' Groups

Nursing Mothers' Advisory Council Help Line: 215-572-8044
Meeting locations: www.nursingmoms.net; www.nursingmoms@yahoo.com
Doylestown: Marta Forney 215-766-9878 and
Warwick/Warminster: Monika Mmdbphoto@hotmail.com
Family Breastfeeding Helpline: 215-785-1843 or 888-322-1843 www.familybreastfeeding.org
La Leche League: Helpline: 610-666-0359 (for updated information on volunteer groups in area)
Doylestown: Susanne 610-666-0359
Lower Bucks County: Jeremi: 215-295-0933 theasanamama@gmail.com
St. Mary Medical Center 215-710-5988 Breastfeeding Group meets 1st ad 3rd Wed 11:30-12:30

Breastfeeding Help Lines

Greater Philadelphia Area LLL Helpline 610-666-0359
PA WIC Breastfeeding Warm Line: 1-855-427-5666 Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women's Health Information Center: 800-994-9662 www.womenshealth.gov/breastfeeding

Electric Breast Pump Rentals* (general public)

Best Beginnings: 215-915-8210 Debbie Mannella, RN, IBCLC
Doylestown Hospital: 215-345-2200, ext 4637
Susan Slear, RN, IBCLC: 215-757-6006 or 267-231-9442
St. Mary's Medical Center: 215-710-6667
Blossom Baby Lactation Services: 484-602-5420 Amy Nansteel, MA, CLC, Christy Hume, BA, IBCLC
MK *Plus* Amy Goldberg, RN, CCE, CIMI, IBCLC, RLC 215-346-6177
A Mother's Boutique: 724-934-8795 (Wexford, PA) will mail rental pump judy@mothersboutique.com
**Some rental stations also carry pumps for purchase.*

WIC Breast Pump Rentals (For WIC participants only)

Quakertown: 215-529-7482 Doylestown: 215-345-3494 Warminster: 215-442-1099
Bensalem: 215-244-2674 Levittown: 267-580-3570

Breast Pumps Retail

The baby section of local department stores and pharmacies may carry various brands of pumps. Choose wisely! Pump brands vary in quality and effectiveness. Call a local breastfeeding specialist for more information. NOTE: The Food and Drug Administration (FDA) considers breast pumps single use devices, with the exception of FDA cleared, hospital-grade pumps, and recommends that pumps should only be used by one woman, because there is no way to guarantee the pump can be cleaned and disinfected between uses by different women.

Breast pump customer service numbers and websites:

Medela: 800-435-8316 www.medela.us
Ameda: 866-992-6332 www.ameda.com
Hygeia: 888-786-7466) www.hygeiababy.com
Limerick: 877-546-3742 www.limerickinc.com
Avent: 800-542-8368 www.avent.com
Bailey: 800-413-3216 www.baileymed.com

BUTLER

Lactation Consultants (hospital)
*Butler Memorial Hospital:
Becky Fuhrer, RN, IBCLC: 724-284-4334, Ann Snodgrass, BSN, IBCLC: 724-284-4696
**Breastfeeding classes available*

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Barb, Aimee, Christie, Lynda, and/or Jen 866-942-2778 (Beaver/Butler/Lawrence County)
PA Dept. of Health Breastfeeding Hotline: 1-855-4-ASK-MOM

La Leche League
Butler County: Jeannie: 724-287-8660 Mollie: 724-256-8569
Lawrence County: Cathy: 724-651-0111 Chris: 724-658-0961 Mary-Catherine: 724-654-8782
Rita: 724-652-4551

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666 Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women's Health Information Center: 800-994-9662 www.womenshealth.gov/breastfeeding

Electric Breast Pump Rentals* (general public)
A Mother's Boutique 724-934-8795
Consignment Cottage 412-262-0833
Medcare – 724-256-5110 (Julia for Butler area or 800-503-5554)
Healthy Kids RX – 724-934- KIDZ
Baird Medical Equipment: 1-215-884-2990 Klamont@bairdrespiratory.com
**Some rental stations also carry pumps for purchase.*

Breast Pumps Retail
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Breast pump customer service numbers and websites:

Medela:	800-435-8316	www.medela.us
Ameda:	866-992-6332	www.ameda.com
Hygeia:	888-786-7466)	www.hygeiababy.com
Limerick:	877-546-3742	www.limerickinc.com
Avent:	800-542-8368	www.avent.com
Bailey:	800-413-3216	www.baileymed.com

CAMBRIA
(Includes Somerset)

Lactation Consultants/Nurses (hospital)
* **Somerset Hospital: 814-443-5000 Debbie Perl IBCLC
* **Conemaugh Memorial Medical Center: 814-534-3144 Out-patient Lactation Consults
Robin Stoltz, RN, IBCLC Robin Stoltz-rForosi@conemaugh.org
Diane Gorka, RN, IBCLC dgorka@conemaugh.org
Danna Bowser, RN, IBCLC dbowser@conemaugh.org
Margaret Wasser, RN, IBCLC mwasser@conemaugh.org
Marilyn Harrington, RN, CRNP, IBCLC mharring@conemaugh.org
**Breastfeeding classes available*
***Some hospitals provide out-patient lactation consults, generally fee for service.*

Lactation Consultations in office
Somerset OB/GYN Associates: 814-445-3535
Conemaugh Memorial Medical Center: 814-534-3144

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Somerset Tapestry of Health WIC Program: 814-443-1901 or 800-352-3532
Breastfeeding Coordinator: Heidi Koppenhofer, LPN, IBCLC: Ext. 1103
Breastfeeding Peer Counselor: Brandi Ferko Ext 1112

Community Action Partnership of Cambria County WIC Program:
Breastfeeding Coordinator: Melina Hudec, CLC: 814-536-9031 or 814-361-6370
WIC Breastfeeding Peer Counselors:
Serenity Bond (Johnstown) 814-361-6369 or cell 814-322-6088
Brandy Fasoli (Ebensburg) 814-471-9798 or cell 814-322-2827

La Leche League: Stacey Novak 814-674-8995 staceyNovakIBCLC@gmail.com
Laura Aughinbaugh: 814-322-0857 lauraaughinbaugh@hotmail.com

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666 Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women's Health Information Center: 800-994-9662 www.womenshealth.gov/breastfeeding

Laurel Highlands Breastfeeding Coalition jspence@conemaugh.org

Electric Breast Pump Rentals* (general public)
MedCare Equipment Company: 888-694-4564
Somerset Medical Supplies: 814-443-1496
Mommy Gear: 888-624-GEAR
A Mother's Boutique: 724-934-8795 (Wexford, PA) will mail rental pump judy@mothersboutique.com
**Some rental stations also carry pumps for purchase.*

Breast Pumps for Purchase
The baby section of local department stores and pharmacies may carry various brands of pumps. Choose wisely! Pump brands vary in quality and effectiveness. Call a local breastfeeding specialist for more information. NOTE: The Food and Drug Administration (FDA) considers breast pumps single use devices, with the exception of FDA cleared, hospital-grade pumps, and recommends that pumps should only be used by one woman, because there is no way to guarantee the pump can be cleaned and disinfected between uses by different women.

Breast pump customer service numbers and websites:

Medela:	800-435-8316	www.medela.us	Limerick:	877-546-3742	www.limerickinc.com
Ameda:	866-992-6332	www.ameda.com	Avent:	800-542-8368	www.avent.com
Hygeia:	888-786-7466)	www.hygeiababy.com	Bailey:	800-413-3216	www.baileymed.com

CAMERON
(Includes Elk and Potter)

Lactation Consultants (hospital)
*Elk Regional Health Center Inc.: 814-788-8558 – Diane Young, IBCLC
*Charles Cole Medical Center: 814-274-9301
**Breastfeeding classes available*
Some hospitals provide out-patient lactation consults, generally fee for service.

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
North Central PA Regional Planning and Development Comm: Ridgway – main office: 814-773-3162
Ask for Pat Panighetti, CLC, Becky Brickley, CLC or Julie Kasmierski, CLC
WIC Breastfeeding Peer Counselors: Amanda Margeson, CLC 888-647-6601

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666 Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women's Health Information Center: 800-994-9662 www.womenshealth.gov/breastfeeding

Electric Breast Pumps (general public)
St. Marys Pharmacy Home Medical: 800-876-3442 (St. Marys and DuBois Mall)
Clear Care Corp: 814-765-0221 (Clearfield)
A Mother's Boutique: 724-934-8795 (Wexford, PA) will mail rental pump judy@mothersboutique.com
**Some rental stations also carry pumps for purchase.*

Breast Pumps Retail
The baby section of local department stores and pharmacies may carry various brands of pumps. Choose wisely! Pump brands vary in quality and effectiveness. Call a local breastfeeding specialist for more information. NOTE: The Food and Drug Administration (FDA) considers breast pumps single use devices, with the exception of FDA cleared, hospital-grade pumps, and recommends that pumps should only be used by one woman, because there is no way to guarantee the pump can be cleaned and disinfected between uses by different women.

Breast pump customer service numbers and websites:

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Ameda:	866-992-6332	www.ameda.com
Hygeia:	888-786-7466)	www.hygeiababy.com
Limerick:	877-546-3742	www.limerickinc.com
Avent:	800-542-8368	www.avent.com
Bailey:	800-413-3216	www.baileymed.com

CARBON

Lactation Consultants/Nurses (hospital)

* **Sacred Heart Hospital: 610-776-4756 Collet Hogan, RN, IBCLC, Michelle Bilar, RN, IBCLC
*Lehigh Valley Hospital: 610-402-7264 Beth Giovenco, RN, IBCLC, Jeanie Schevets, RN, IBCLC,
* **St. Luke's Hospital, Allentown: 610-628-1876 Patti Hari, RN, IBCLC
* **St. Luke's Hospital, Bethlehem: 484-526-1355
Charlotte Becker, RN, IBCLC, Vicky Geiger, RN, IBCLC, Toni Prevlosky, RN, IBCLC
Catherine L. Waltemyer RNC-NIC, IBCLC**,** NICU Lactation Consultant at both St Luke's Bethlehem and Allentown 610-954-2248

**Breastfeeding classes available*
***Some hospitals provide out-patient lactation consults, generally fee for service.*

Lactation Consultants (Private Practice)

Home visit: Tracy Miller, RN, MSN, IBCLC: 610- 434-4417
Office visit: St. Luke's Hospital, Bethlehem: 484-526-1355
St. Luke's Hospital, Allentown: 610-628-1876

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)

Sandy Kalish, CLC, WIC Breastfeeding Coordinator: 800-367-6347 skalish@mfhs.org
Jillian Meyer, CLC: 610-432-3455
WIC Breastfeeding Peer Counselor- Carbon County WIC Center: 610-377-6097
WIC Breastfeeding Peer Counselor- Lehigh Valley WIC Center: 610-432-3455

Breastfeeding Mothers' Groups

La Leche League
Liz: 610-437-3096 (Allentown)
Samina: 610-295-5218

Mama Milk Cafe of Northeast Pennsylvania (Palmerton)
Sharon Mendes, RN, CPN, IBCLC: www.facebook.com/MamaMilkCafe kidsrn@ptd.net

Breastfeeding Help Lines

PA WIC Breastfeeding Warm Line: 1-855-427-5666 Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women's Health Information Center: 800-994-9662 www.womenshealth.gov/breastfeeding

Lehigh/Northampton/Carbon Breastfeeding Coalition Sue Madeja smadeja@bethlehem-pa.gov

Electric Breast Pump Rentals* (general public)

Hartzells Pharmacy: 610-264-5471 (Catasauqua)
Breast Health Services of Lehigh Valley Hosp.– Allentown: 610-402-2273
Breast Health Services of Lehigh Valley Hosp.– Trexlertown: 610-402-0138
Breast Health Services of Lehigh Valley Hosp.– Bethlehem: 610-884-2460
A Mother's Boutique: 724-934-8795 (Wexford, PA) will mail rental pump judy@mothersboutique.com
**Some rental stations also carry pumps for purchase.*

Breast Pumps Retail

The baby section of local department stores and pharmacies may carry various brands of pumps. Choose wisely! Pump brands vary in quality and effectiveness. Call a local breastfeeding specialist for more information. NOTE: The Food and Drug Administration (FDA) considers breast pumps single use devices, with the exception of FDA cleared, hospital-grade pumps, and recommends that pumps should only be used by one woman, because there is no way to guarantee the pump can be cleaned and disinfected between uses by different women.

Breast pump customer service numbers and websites:

Medela:	800-435-8316	www.medela.us	Limerick:	877-546-3742	www.limerickinc.com
Ameda:	866-992-6332	www.ameda.com	Avent:	800-542-8368	www.avent.com
Hygeia:	888-786-7466)	www.hygeiababy.com	Bailey:	800-413-3216	www.baileymed.com

CENTRE

Lactation Consultants/Nurses (hospital)
Mount Nittany Medical Center: Susan Chase, MS, RNC, IBCLC

Lactation Consultants (private practice)
Megan Mignot, RD, LDN, IBCLC, CLC, Marjorie Mearkle IBCLC, CLC, Nature to Nurture
814-876-0217 (State College) www.naturetonurture.net
Karen Foard, BA, IBCLC: 814-237-1506 (State College) kfoardlc@comcast.net
Also provides in-services for health professionals and breastfeeding classes for general public.

Lactation Consultants (in physician office)
Teresa Timmerman, PA, IBCLC and Elizabeth Klinke, MD, IBCLC
Mount Nittany Physician Group – Pediatrics: 814-466-7921
(For Mount Nittany Physician Group patients, only)
Jan Giorecki, CLC, Geisinger Pediatrics 814-272-7710

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Tracy Kelley, CLC: 814-943-0481 (Also serving Blair County)
Marjorie Mearkle, IBCLC: 814-234-8621
Melissa Cruz, IBCLC: 814-234-8621 or 814-342-6993
Megan Mignot, RD, IBCLC: 814-234-8621

La Leche League
Lauren: 814-238-0610 Amber: 202-412-7187 Gretchen: 814-883-5653
Amy: 814-364-2452 Shelley: 814-238-1727

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666 Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women's Health Information Center: 800-994-9662 www.womenshealth.gov/breastfeeding

Pennsylvania Mid-State Lactation Coalition Lauren Lowe 814-933-6512 landelowe@yahoo.com
www.facebook.com/PAMILC pamilc.lactation@gmail.com

Electric Breast Pump Rentals* (general public)
Karen Foard, IBCLC: 814-237-1506
Nature to Nurture: 814-876-0217
A Mother's Boutique: 724-934-8795 (Wexford, PA) will mail rental pump judy@mothersboutique.com
**Also carries pumps for purchase.*

Breast Pumps for Purchase
The baby section of local department stores and pharmacies may carry various brands of pumps. Choose wisely! Pump brands vary in quality and effectiveness. Call a local breastfeeding specialist for more information. NOTE: The Food and Drug Administration (FDA) considers breast pumps single use devices, with the exception of FDA cleared, hospital-grade pumps, and recommends that pumps should only be used by one woman, because there is no way to guarantee the pump can be cleaned and disinfected between uses by different women.

Breast pump customer service numbers and websites:
Medela: 800-435-8316 www.medela.us
Ameda: 866-992-6332 www.ameda.com
Hygeia: 888-786-7466)www.hygeiababy.com
Limerick: 877-546-3742 www.limerickinc.com
Avent: 800-542-8368 www.avent.com
Bailey: 800-413-3216 www.baileymed.com

CHESTER

Lactation Consultants (hospital)

Chester County Hospital: 610-738-2582, Michele Quigley, RN IBCLC, Robin Frees IBCLC, Dana L Ehman, BA, IBCLC, RLC, Alison Neuhaus, MA, IBCLC

**Paoli Hospital (Mainline Health System): Inpatient IBCLCs, Donna Sinnott, IBCLC, Amy Siegrist, BS, IBCLC, Darnetta Yusko, RN, IBCLC

Lactation Support Warmline 484–565–8075

Birth and Beyond Education Programs 1-866–CALL–MLH

Paoli Hospital co-sponsored Breastfeeding Mothers' Groups

Henrietta Hankin Library, Chester Springs, 3rd Wednesday 9:45 to 10:45

2 Industrial Blvd. Paoli 2 – 3 pm, 1st Monday every month 866-CALL-MLH

Phoenixville Hospital breastfeeding warmline: 610-983-1266 – Cathy Kandler, RN, IBCLC

***Some hospitals provide out-patient lactation consults, generally fee for service.*

Lactation Consultants (private practice)

Suzanne Barton, RN, IBCLC: 610-444-4073

Diane DiSandro, BA, IBCLC: 610-539-4476

Dana Ehman, BA, IBCLC 610-299-1038 dana@motherborn.com www.MotherBorn.com

Robin Frees, BA, IBCLC: Newborn Concepts: 610-644-1379 www.NewbornConcepts.com

Janet Graczyk, BS, IBCLC 610-804-7998

Angela Leonard, IBCLC 610-299-8290 angelaibclc@comcast.net

Elizabeth Loeper, MSN, RNC, IBCLC: 610-873-4809 (June-August only)

Angela Quinn, BS, IBCLC, RLC 484-857-2229 Mother2MotherMatters@gmail.com
www.Mother2MotherMatters.com https://www.facebook.com/Mother2MotherMatters

Jillian Nemeth, IBCLC: 215-528-8759

Amy Siegrist, BS, IBCLC 484-919-1027 amyibclc@gmail.com www.breastfeedingbond.com

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)

Kathleen McCarthy (Breastfeeding Coordinator/Nutritionist): 610-344-6187

Breastfeeding Mothers' Groups

La Leche League Chester County LLL: www.beanmom.com/laleche

Downingtown

Jamie: 610-675-7520 j.z.oyugi@gmail.com

Judy: 610-363-6206 japolley@verizon.net

Glenmoore-Elverson

Kristina: 610-321-0319 kristina@kristinapasquale.com

Jennifer: 610-942-7045 beanmom@beanmom.com

Jamie: 610-675-7520 j.z.oyugi@gmail.com

Judy: 610-363-6206 japolley@verizon.net

Kimberton

Barbara: 610-399-3311 barbaradeem@hotmail.com

Jennifer: 610-942-7045 beanmom@beanmom.com

West Chester

Shelly: 484-883-0572 kierkar@psualum.com

Meghan: 610-431-1682 mreikob@gmail.com

Nursing Mothers Alliance: 610-251-9405 www.nursingmothersalliance.org
King of Prussia: 610-251-9405 every Friday at 10:00 am at Wegmans
North Penn Nursing Mothers: 215-368-1573
Kennett Square Nursing Mothers: 610-551-9398 meets at Bedbugzz on Wednesdays
Phoenixville/Downingtown/Coatsville/Wayne/Paoli Nursing Mothers: 610-251-9405
Wayne/Paoli 610-254-8300 Jennifer Neely www.nursingmothersupplies.com
West Chester/Exton Nursing Mothers 610-344-7275 Judy

Breastfeeding Help Lines
Greater Philadelphia Area LLL Helpline 610-666-0359
PA WIC Breastfeeding Warm Line: 1-855-427-5666 Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women's Health Information Center: 800-994-9662 www.womenshealth.gov/breastfeeding

Breastfeeding Coalition of Chester County dana@motherborn.com

Electric Breast Pumps Rentals (general public)
Diane DiSandro: 610-539-4476 (Audubon)
Gateway Home Health: 610-933-0584 (Phoenixville)
Medical Home Care: 610-687-6585 (Wayne)
Paoli Hospital Apothecary 484 324-6464
Phoenixville Hospital 610-983-1266 – Cathy Kandler, RN, IBCLC
A Mother's Boutique: 724-934-8795 (Wexford, PA) will mail rental pump
judy@mothersboutique.com
**Some rental stations also carry pumps for purchase.*

Breast Pumps for Purchase
The baby section of local department stores and pharmacies may carry various brands of pumps. Choose wisely! Pump brands vary in quality and effectiveness. Call a local breastfeeding specialist for more information. NOTE: The Food and Drug Administration (FDA) considers breast pumps single use devices, with the exception of FDA cleared, hospital-grade pumps, and recommends that pumps should only be used by one woman, because there is no way to guarantee the pump can be cleaned and disinfected between uses by different women.

Breast pump customer service numbers and websites:

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Ameda:	866-992-6332	www.ameda.com
Hygeia:	888-786-7466)	www.hygeiababy.com
Limerick:	877-546-3742	www.limerickinc.com
Avent:	800-542-8368	www.avent.com
Bailey:	800-413-3216	www.baileymed.com

CLARION
(Includes Forest and Venango)

Lactation Consultants/nurses (hospital)
* **Clarion Hospital: (814)-226-3454, Sherri Patterson, RN, IBCLC, Jamie Baumcratz, RN, IBCLC
**Breastfeeding classes and weekly support groups available*
***Some hospitals provide out-patient lactation consults, generally fee for service.*

WIC Breastfeeding Support/Counseling/Breast Pumps (for WIC participants only)
Venango/Forest:
Certified Lactation Counselor: Doreen Scarmack, CPA/BFC-PCM-CLC - 724-981-6154
Peer Counselor: 814-676-0099

Clarion:
Peer Counselor: Amber Baumcratz: 814-226-8130 or 814-227-8129
Peer Counselor: Annette Smith, CLC: 814-226-8130 or 814-319-4590
Peer Counselor Supervisor: Dawn Venman, RD, LDN, CLC: 814-726-1093 or 814-706-2337

La Leche League
Sarah: 814-745-3358 or email: sakersey01@windstream.net

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666 Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women's Health Information Center: 800-994-9662 www.womenshealth.gov/breastfeeding

Electric Breast Pump Rentals (general public)
Health Complex Pharmacy – Clarion Hospital: 814-226-7970
UPMC Northwest Auxiliary Gift Shop: 814-676-7600
A Mother's Boutique: 724-934-8795 (Wexford, PA) will mail rental pump judy@mothersboutique.com
**Some rental stations also carry pumps for purchase.*

Breast Pumps Retail
The baby section of local department stores and pharmacies may carry various brands of pumps. Choose wisely! Pump brands vary in quality and effectiveness. Call a local breastfeeding specialist for more information. NOTE: The Food and Drug Administration (FDA) considers breast pumps single use devices, with the exception of FDA cleared, hospital-grade pumps, and recommends that pumps should only be used by one woman, because there is no way to guarantee the pump can be cleaned and disinfected between uses by different women.

Breast pump customer service numbers and websites:

Medela:	800-435-8316	www.medela.us
Ameda:	866-992-6332	www.ameda.com
Hygeia:	888-786-7466)	www.hygeiababy.com
Limerick:	877-546-3742	www.limerickinc.com
Avent:	800-542-8368	www.avent.com
Bailey:	800-413-3216	www.baileymed.com

CLEARFIELD

Lactation Consultants/Nurses (hospital)
*Dubois Regional Medical Center: Maternity: 814-375-2229 NICU: 1-814-375-6428
*Clearfield Hospital: 814-768-2480 – Barb Westover, CLC, Gail Harper, CLC
**Also provide breastfeeding classes*

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
North Central PA Regional Planning and Development Comm: Ridgway – main office: 814-773-3162
(Ask for Pat Panighetti, CLC, Becky Brickley, CLC) or Julie Kasmierski, CLC
WIC Breastfeeding Peer Counselors: Amanda Margeson, CLC 888-647-6601

Breastfeeding Classes
Stephanie Heffner, RN, Peritech Home Health Associates 800-634-5670

Breastfeeding Mothers' Group
Dubois Regional Medical Center, 3rd Floor OB conference room near maternity 814-375-2229
1st and 3rd Wednesdays 10-11 am
Agape Community Services, 310 W. Long Avenue, DuBois, Agape Meeting Room:
2nd and 4th Wednesdays 1:00 pm contact Rainnee at 814-771-4226

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666 Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women's Health Information Center: 800-994-9662 www.womenshealth.gov/breastfeeding

Electric Breast Pump Rentals or Purchase* (general public)
Punxsutawney Medical Supply: 814-938-5901
St. Marys Pharmacy Home Medical: 800-876-3442 or 814-371-2780 (St. Marys and DuBois Mall)
Clear Care Corp: 814-765-0221 (Clearfield)
A Mother's Boutique: 724-934-8795 (Wexford, PA) will mail rental pump judy@mothersboutique.com
**Some rental stations also carry pumps for purchase.*

Breast Pumps Retail
The baby section of local department stores and pharmacies may carry various brands of pumps. Choose wisely! Pump brands vary in quality and effectiveness. Call a local breastfeeding specialist for more information. NOTE: The Food and Drug Administration (FDA) considers breast pumps single use devices, with the exception of FDA cleared, hospital-grade pumps, and recommends that pumps should only be used by one woman, because there is no way to guarantee the pump can be cleaned and disinfected between uses by different women.

Breast pump customer service numbers and websites:

Medela:	800-435-8316	www.medela.us
Ameda:	866-992-6332	www.ameda.com
Hygeia:	888-786-7466)	www.hygeiababy.com
Limerick:	877-546-3742	www.limerickinc.com
Avent:	800-542-8368	www.avent.com
Bailey:	800-413-3216	www.baileymed.com

CLINTON
(Includes Lycoming)

Lactation Consultants/Nurses (hospital)
* **Williamsport Regional Medical Center – Susquehanna Health: 570-321-2095
Audrey Gabriel, RN, IBCLC; Natalie McCullen, RN, IBCLC
**Also provide breastfeeding classes: 570-321-2069*
***Some hospitals provide out-patient lactation consults – generally fee for service.*

WIC Lactation Consultants/Breast Pumps (for WIC participants only)
Betsy Huff, IBCLC, Laurie Huff, IBCLC: 570-322-7656
WIC Breastfeeding Helpline: 570-447-4928

Lycoming/Clinton Breastfeeding Coalition Betsy Huff from WIC chairperson 570-322-7656
Pamela Klotz RN, BSN, secretary 570-327-3400 pklotz@state.pa.us
Family Health Nursing Services Consultant-Maternal Child/Health Northcentral District
PA Department of Health, 1000 Commerce Park Dr., Suite 109, Williamsport, PA 17701

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666 Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women's Health Information Center: 800-994-9662 www.womenshealth.gov/breastfeeding

Electric Breast Pump Rentals* (general public)
Dice Surgical, Williamsport: 570-322-0656
A Mother's Boutique: 724-934-8795 (Wexford, PA) will mail rental pump judy@mothersboutique.com
**Some rental stations also carry pumps for purchase.*

Breast Pumps for Purchase
The baby section of local department stores and pharmacies may carry various brands of pumps. Choose wisely! Pump brands vary in quality and effectiveness. Call a local breastfeeding specialist for more information. NOTE: The Food and Drug Administration (FDA) considers breast pumps single use devices, with the exception of FDA cleared, hospital-grade pumps, and recommends that pumps should only be used by one woman, because there is no way to guarantee the pump can be cleaned and disinfected between uses by different women.

Breast pump customer service numbers and websites:

Medela:	800-435-8316	www.medela.us
Ameda:	866-992-6332	www.ameda.com
Hygeia:	888-786-7466)	www.hygeiababy.com
Limerick:	877-546-3742	www.limerickinc.com
Avent:	800-542-8368	www.avent.com
Bailey:	800-413-3216	www.baileymed.com

COLUMBIA
(Includes Montour)

Lactation Consultants (hospital)
Berwick Hospital: 570-759-5180 – Marg Oberst, RN
**Geisinger Medical Center Lactation Support Team: 570-271-6560
April Clemens RN, IBCLC, Amy Lessin- Diehl RN, IBCLC
Jessica Sember RN, BSN, CLC, Heather McHenry RN, CLC, Ronna Aucker RN, CLC
(Breastfeeding classes and outpatient hours available.)
***Some hospitals also provide out-patient lactation consults, generally fee for service.*

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Columbia Montour Tapestry of Health WIC Program: 570-245-0090 or 800-304-5835
Breastfeeding Coordinator Beckie Williams Office phone: 570-245-0900 Ext 0353
Breastfeeding Peer Counselor: Denisse Dianese, CLC - Office phone: 570-245-0900 Ext 0357
After Hours Cell Phone: 570-336-9941

La Leche League of Bloomsburg
Allison: 570-784-7788 ashepard@ptd.net
Liz: 570-441-6907
Betsy: 570-784-3672

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666 Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women's Health Information Center: 800-994-9662 www.womenshealth.gov/breastfeeding

Electric Breast Pump Rentals (general public)
A Mother's Boutique: 724-934-8795 (Wexford, PA) will mail rental pump judy@mothersboutique.com

Breast Pumps Retail
The baby section of local department stores and pharmacies may carry various brands of pumps. Choose wisely! Pump brands vary in quality and effectiveness. Call a local breastfeeding specialist for more information. NOTE: The Food and Drug Administration (FDA) considers breast pumps single use devices, with the exception of FDA cleared, hospital-grade pumps, and recommends that pumps should only be used by one woman, because there is no way to guarantee the pump can be cleaned and disinfected between uses by different women.

Breast pump customer service numbers and websites:

Medela:	800-435-8316	www.medela.us
Ameda:	866-992-6332	www.ameda.com
Hygeia:	888-786-7466)	www.hygeiababy.com
Limerick:	877-546-3742	www.limerickinc.com
Avent:	800-542-8368	www.avent.com
Bailey:	800-413-3216	www.baileymed.com

CRAWFORD

Lactation Consultants/Nurses (hospital)
Meadville Medical Center: 814-333-5313 Michelle Ault, RN, IBCLC

Lactation Consultations after hospital discharge
Meadville Medical Center: 814-333-5313 Michelle Ault, RN, IBCLC
VNA Alliance – 814-333-7000 ext. 745 home visiting nurses for postpartum care

La Leche League: Jennifer: 814-337-0010

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Linda Bishop: 814-333-7079
WIC Breastfeeding Peer Counselors:
Lori Gallagher,CLC: 814-373-3454 or 814-724-0839
Sheri Brumbaugh, CLC: 814-373-3453 or 814-720-8048
Christin Smith, CLC, 814-333-7084 or 814-720-4413
Supervisor: Dawn Venman, RD, LDN, CLC: 814-726-1093 or 814-706-2337

Breastfeeding Help Lines
Crawford County Breastfeeding Helpline: 814-333-5604
PA WIC Breastfeeding Warm Line: 1-855-427-5666 Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women's Health Information Center: 800-994-9662 www.womenshealth.gov/breastfeeding

Electric Breast Pump Rentals* (general public):
Great Lakes Home Healthcare: 814-337-6900
UPMC (need order from physician) 800-425-7800
Vantage Home Healthcare: 814-835-6662
A Mother's Boutique: 724-934-8795 (Wexford, PA) will mail rental pump judy@mothersboutique.com
**Some rental stations also carry pumps for purchase.*

Breast Pumps Retail
The baby section of local department stores and pharmacies may carry various brands of pumps. Choose wisely! Pump brands vary in quality and effectiveness. Call a local breastfeeding specialist for more information. NOTE: The Food and Drug Administration (FDA) considers breast pumps single use devices, with the exception of FDA cleared, hospital-grade pumps, and recommends that pumps should only be used by one woman, because there is no way to guarantee the pump can be cleaned and disinfected between uses by different women.

Breast pump customer service numbers and websites:

Medela:	800-435-8316	www.medela.us
Ameda:	866-992-6332	www.ameda.com
Hygeia:	888-786-7466)	www.hygeiababy.com
Limerick:	877-546-3742	www.limerickinc.com
Avent:	800-542-8368	www.avent.com
Bailey:	800-413-3216	www.baileymed.com

CUMBERLAND

Lactation Consultants (hospital)

Carlisle Regional Medical Center: 717-960-3409 Outpatient lactation consultations
Tammy Rohn, RN, IBCLC tammy.rohm@hma.com Joyce Moser, RN, IBCLC joyce.moser@hma.com
Holy Spirit Hospital: 717-972-4500 To register for breastfeeding classes call 763-BABY
Bernadette Anderson, RN, IBCLC banderson@hsh.org Nancy McDaniel, RN, IBCLC
Holly Stine, RN, IBCLC hlstine@hsh.org Jennifer Wasiak, RN, BSN, IBCLC jwasiak@hsh.org
Harrisburg Hospital at Pinnacle Health: 717-782-5372
Ruth Solomon, BSN, RN, IBCLC rsoloman@pinnaclehealth.org
Lois Gaul, RNC, IBCLC lgaul@pinnaclehealth.org
Shelley Lebo, RN, IBCLC slebo@pinnaclehealth.org in the NICU
Free breastfeeding classes for those giving birth at Harrisburg Hospital call the PHoneLine: 717-231-8900

Lactation Consultations after discharge

Home visits: Suzy Wilkinson, RN, IBCLC: 717-264-2520 (Chambersburg)
Shannon Lilienthal, IBCLC: 717-712-6822 (Mechanicsburg) www.harrisburgbreastfeeding.com
Leslie Cree, IBCLC: 717-514-7850 (Mechanicsburg) zippy1017@gmail.com
Office visits: Holy Spirit Hospital: 717-972-4500 (Camp Hill)
Carlisle Regional Medical Center: 717-960-3409 (Carlisle)
Harrisburg Hospital Outpatient lactation consultations for patients of Pinnacle only: 717-782-5372 (Harrisburg)

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)

Kathie Wagner, BS, IBCLC, RLC: 717-761-7380 Ext 4233 kathie.wagner@fhccp.org
Cumberland Perry Tapestry of Health WIC Program: 717-243-0523
Breastfeeding Peer Counselor-Courtney Womack CLC ext 0507 courtney.womack@fhccp.org 717.448.1295

Breastfeeding Mothers' Groups

Nursing Mother's Counselors of Harrisburg PA: Co-coordinators: Shelly Silber, RN, IBCLC 717-422-3200 and
Beth Lewis 937-474-9783 asknmc@nursingmothers.com http://www.nursingmotherscounselors.com/
Om Baby, Camp Hill (pumps and supplies for sale): Holly Keich 717-761-4975 www.ombabycenter.com
4th Tuesday of the month 6:30 pm
Carlisle Breastfeeding Group 717-448-3483 3rd Sat 3-5pm at Simply Well 28 S. Pitt St. Carlisle, PA 17013.
La Leche League of Harrisburg/Mechanicsburg 4th Tuesday 6:30-8:00 at Om Baby Camp Hill
Mary Ramirez 717385-6338 bmtramirez@gmail.com Liz 717-991-3408 LLLLiz@hotmail.com

Breastfeeding Help Lines

PA WIC Breastfeeding Warm Line: 1-855-427-5666 Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women's Health Information Center: 800-994-9662 www.womenshealth.gov/breastfeeding

South Central Pennsylvania Lactation Consultant Association: Nurture Genny Whitehaus
717-533-7308 genwh3@verizon.net For education and networking of lactation consultants

Electric Breast Pump Rentals* (general public)

Clear Care Corporation 1-800-464-2273 (Clearfield)
rentals and supplies; will mail out items if local suppliers are out of a particular item
GSH Home Medical Care, Inc 717-838-7511 (Palmyra)
Quality Care Pharmacy 717-249-5691 (Carlisle)
York Health Boutique for Women at York Hospital 717-851-2953
Suzy Wilkenson, RN, IBCLC: 717-264-2520 (Chambersburg)
A Mother's Boutique: 724-934-8795 (Wexford, PA) will mail rental pump judy@mothersboutique.com
**Some rental stations also carry pumps for purchase.*

Breast Pumps Retail

The baby section of local department stores and pharmacies may carry various brands of pumps. Choose wisely! Pump brands vary in quality and effectiveness. Call a local breastfeeding specialist for more information. NOTE: The Food and Drug Administration (FDA) considers breast pumps single use devices, with the exception of FDA cleared, hospital-grade pumps, and recommends that pumps should only be used by one woman, because there is no way to guarantee the pump can be cleaned and disinfected between uses by different women.

Breast pump customer service numbers and websites:

Medela:	800-435-8316	www.medela.us	Limerick:	877-546-3742	www.limerickinc.com
Ameda:	866-992-6332	www.ameda.com	Avent:	800-542-8368	www.avent.com
Hygeia:	888-786-7466)	www.hygeiababy.com	Bailey:	800-413-3216	www.baileymed.com

DAUPHIN

Lactation Consultants (hospital)

Harrisburg Hospital at Pinnacle Health: 717-782-5372
Ruth Solomon, BSN, RN, IBCLC rsoloman@pinnaclehealth.org
Lois Gaul, RNC, IBCLC lgaul@pinnaclehealth.org
Shelley Lebo, RN, IBCLC slebo@pinnaclehealth.org in the NICU
Free breastfeeding classes for those giving birth at Harrisburg Hospital
call the PHoneLine: 717-231-8900
Outpatient lactation consultations for patients of Pinnacle only: 717-782-5372

Hershey Medical Center of Penn State: Breastfeeding Resource Line 717-531-3754
Barbara Shocker, RN, MEd, IBCLC, Karen Campbell RN, IBCLC
Shelly Silber, BSN, RN, IBCLC, Amy Wagner, BS, RNC, IBCLC
Saudia DeCarlo, RN, CCDS, IBCLC, sdecarlo@hmc.psu.edu
For Breastfeeding classes, call: 717-531-6981
Out-patient consults on a fee for service basis: 717-531-3754

Lactation Consultations once you are home

Home visit:

Genevieve Whitehaus, RN, BSN, CCE, IBCLC, 717-533-7308 genwh3@verizon.net
Shannon Lilienthal, IBCLC, 717-712-6822 www.HarrisburgBreastfeeding.com (Mechanicsburg)
Leslie Cree, IBCLC: 717-514-7850 zippy1017@gmail.com (Mechanicsburg)
Visiting Nurses, Diane Hertzog, BSN, CLC 570-648-8989 (accept Blue Cross, Health America, TriCare, GHP, Medicaid access card)

Office visit:

Jody Segrave-Daly, RN, MS, IBCLC 717-371-3303 jodysd@comcast.net
www.BreastfeedingBabiesHarrisburg.com
Hershey Medical Center Out-patient consults on a fee for service basis: 717-531-3754
Harrisburg Hospital Outpatient lactation consultations for patients of Pinnacle only: 717-782-5372

Dauphin County HHC/WIC Program:

Cathy Worthington, IBCLC, 717-236-3656
Velkis Ramirez, CLC 717-230-3976
Justine Dohner, CLC 717-362-6760
Carol Mitchell, CLC 717-230-3972
Trisha Emerick, CLC 717-230-3995
Pymie Calloway, CLC 717-230-3954

Breastfeeding Mothers' Groups

La Leche League Harrisburg/Mechanicsburg: Liz 717-991-3408 LLLLiz@hotmail.com Mary Ramirez 717 385-6338 bmtramirez@gmail.com
East Shore: Meetings are held on the second Wednesday of each month at 10:00 A.M. in the Community Center of the Giant on Linglestown Road in Harrisburg.
West Shore: Meetings are the 4th Tuesday at 6:30 pm at Om Baby in Camp Hill

Mothers and Babies Together: Breastfeeding Group of Hershey Medical Center's Women's Health Center Contact: Mary Metzger, RN, IBCLC, CCE 717-531-1298

Nursing Mother's Counselors of Harrisburg PA: Co-coordinators: Shelly Silber 717-422-3200 and Beth Lewis 937-474-9783
http://www.nursingmotherscounselors.com/

Om Baby, Camp Hill: Holly Keich 717-761-4975 www.ombabycenter.com every Friday 9:30-11 am

Carlisle Breastfeeding Group 717-448-3483 3rd Sat 3-5pm at Simply Well 28 S. Pitt St.

Lebanon Family Health – 2nd Wednesday 9:30-11:00 717-273-6940 Contact –Beth Keene**y**

La Leche League of Lebanon 1st Wed, 7:30pm Good Samaritan Hospital, Community Health Education Building, Mary 717-867-4103 lalechelebanonpa@gmail.com

DAUPHIN (continued)

South Central Pennsylvania Lactation Consultant Association: Nurture Genny Whitehaus
717-533-7308 genwh3@verizon.net For education and networking of lactation consultants

Dauphin County Breastfeeding Coalition: Shannon Lilienthal 717-712-6822
For the public and healthcare professionals to assess community support.

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666 Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women's Health Information Center: 800-994-9662 www.womenshealth.gov/breastfeeding

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Lebanon Family Health Services WIC Program: 717-273-6940
Breastfeeding Coordinators: Sara Wingert or Terri Smith
Breastfeeding Peer Counselor: Beth Keeney CLC cell: 717.228.7051

Electric Breast Pump Rentals* (general public)
Harrisburg Hospital Pinnacle Health : 717-782-5372
Hershey Medical Center: 717-531-3754 (Hershey)
Clear Care Corporation- 1-800-464-2273 (Clearfield)
rentals and supplies; will mail out items if local suppliers are out of a particular item
GSH Home Med Care 717-272-2057 (Lebanon)
GSH Home Medical Care, Inc 717-838-7511 (Palmyra)
White Rose OB-GYN & Associates, York, PA 17403 717-845-9639 www.whiteroseobgyn.com
Quality Care Pharmacy 717-249-5691 (Carlisle)
York Health Boutique for Women at York Hospital 717-851-2953
Suzy Wilkinson, RN, IBCLC: 717-264-2520 (Chambersburg)
A Mother's Boutique: 724-934-8795 (Wexford, PA) will mail rental pump judy@mothersboutique.com
**Some rental stations also carry pumps for purchase.*

Breast Pumps Retail
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Breast pump customer service numbers and websites:

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Ameda:	866-992-6332	www.ameda.com
Hygeia:	888-786-7466	www.hygeiababy.com
Limerick:	877-546-3742	www.limerickinc.com
Avent:	800-542-8368	www.avent.com
Bailey:	800-413-3216	www.baileymed.com

DELAWARE

Lactation Consultants (hospital)

*Crozer-Chester Medical Center: (For moms who delivered at the hospital)
Suzanne Evans, RNC, IBCLC: 610-604-6951 (pager) in-patients only
*Delaware County Memorial Hospital: 610-394-4796 Linda Ivker, RNC-OB, BSN, IBCLC
*The Birth Center: 610-525-6086 - Patty Siegrist, RN, IBCLC, www.thebirthcenter.org
*Riddle Hospital: Moira Cavalcante, RNC, IBCLC, Carol Kealey, RNC, IBCLC,
Marie Fitzpatrick, RNC, IBCLC; Kathy MacLean, RNC, IBCLC, Danielle Munroe, RNC, BSN, IBCLC
**Breastfeeding classes available*
Some hospitals provide out-patient lactation consults, generally fee for service.

Lactation Consultants (private practice)

Suzanne Barton, RN, IBCLC 610-444-4073
Linda Derbyshire, BS, IBCLC (Havertown) cell: 610-316-9157
Drexel Hill Pediatrics: 610-623-9080 Penny Soppas, MD, IBCLC (performs frenotomies)
www.drexelhillpeds.com
Dana Ehman, BA, IBCLC 610-299-1038 dana@motherborn.com www.MotherBorn.com
Marlene Gawarkiewicz, IBCLC 267-226-4884 marleneglc@gmail.com
Linda Ivker, RNC-OB, BSN, IBCLC 215-512-0075
Elizabeth Larkin, IBCLC 610-551-9398 Elizabeth@wellbornbaby.com www.wellbornbaby.com
Angela Leonard, IBCLC 610-299-8290 angelaibclc@comcast.net
Lisa Mandell, MBA, IBCLC: (Havertown) 610-517-9552, www.best4both.com
Alison Neuhaus, MA, IBCLC 610-761-4974 asneuhaus@verizon.net
April Rosenblum, IBCLC 267-888-6455 westphillylactation@gmail.com www.westphillylactation.com
Amy Siegrist, BS, IBCLC 484-919-1027 amyibclc@gmail.com www.breastfeedingbond.com

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)

Kathleen Tyrrell, RD, LDN: 610-497-7393, www.wicwins.crozer.org

La Leche League

Havertown: Barbara: 610-789-3032
Media: Barbara: 610-892-9787 Theresa: 484-431-5045

Other Organizations with Breastfeeding Support

Delaware County Pregnancy Center 610-872-2229, Cheryl Aragona, RN, IBCLC,
www.toughchoice.org
Elizabeth Larkin, IBCLC 610-551-9398 Elizabeth@wellbornbaby.com www.wellbornbaby.com
The Birth Center: 610-525-6106 Patty Siegrist, RN, IBCLC
2 Breastfeeding Mother Groups:
Rosemont Plaza: Every other Thursday
West Philadelphia: Every other Wednesday

Breastfeeding Help Lines

Greater Philadelphia Area LLL Helpline 610-666-0359
PA WIC Breastfeeding Warm Line: 1-855-427-5666 Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women's Health Information Center: 800-994-9662 www.womenshealth.gov/breastfeeding

DELAWARE (continued)

Electric Breast Pump Rentals* (general public)

Apria Healthcare 610-364-2100 (Sharon Hill)
Babies R Us 610-544-9207 (Springfield)
Joanne Siciliano: 610-649-7769 (Ardmore) joanne@pumplady.com.
Main Line Medical Supplies: 610-734-0800 (Upper Darby)
Medical Home Care 610-687-6585 (Wayne)
Neighbor Care Pharmacy: 610-876-5700 (Crozer-Chester Medical Center)
Rios Nutritional & Medical: 610-543-1858 (Morton)
A Mother's Boutique: 724-934-8795 (Wexford, PA) will mail rental pump
judy@mothersboutique.com
**Some rental stations also carry pumps for purchase.*

Breast Pumps for Purchase

The baby section of local department stores and pharmacies may carry various brands of pumps. Choose wisely! Pump brands vary in quality and effectiveness. Call a local breastfeeding specialist for more information. NOTE: The Food and Drug Administration (FDA) considers breast pumps single use devices, with the exception of FDA cleared, hospital-grade pumps, and recommends that pumps should only be used by one woman, because there is no way to guarantee the pump can be cleaned and disinfected between uses by different women.

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Hygeia:	888-786-7466)	www.hygeiababy.com
Limerick:	877-546-3742	www.limerickinc.com
Avent:	800-542-8368	www.avent.com
Bailey:	800-413-3216	www.baileymed.com

ELK

Lactation Consultants (hospital)
*Elk Regional Health System: 814-788-8558 Diane Young, IBCLC
**Breastfeeding classes available*
Some hospitals provide out-patient lactation consults, generally fee for service.

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
North Central PA Regional Planning and Development Comm: Ridgway – main office: 814-773-3162
Ask for Pat Panighetti, CLC, Becky Brickley, CLC or Julie Kasmierski, CLC
WIC Breastfeeding Peer Counselors: Amanda Margeson, CLC 888-647-6601

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666 Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women's Health Information Center: 800-994-9662 www.womenshealth.gov/breastfeeding

Electric Breast Pump Rentals or Purchase* (general public)
St. Marys Pharmacy Home Medical: 800-876-3442 or 814-371-2780 (St. Marys and DuBois Mall)
Clear Care Corp: 814-765-0221(Clearfield)
A Mother's Boutique: 724-934-8795 (Wexford, PA) will mail rental pump judy@mothersboutique.com
**Some rental stations also carry pumps for purchase.*

Breast Pumps Retail
The baby section of local department stores and pharmacies may carry various brands of pumps. Choose wisely! Pump brands vary in quality and effectiveness. Call a local breastfeeding specialist for more information. NOTE: The Food and Drug Administration (FDA) considers breast pumps single use devices, with the exception of FDA cleared, hospital-grade pumps, and recommends that pumps should only be used by one woman, because there is no way to guarantee the pump can be cleaned and disinfected between uses by different women.

Breast pump customer service numbers and websites:

Medela:	800-435-8316	www.medela.us
Ameda:	866-992-6332	www.ameda.com
Hygeia:	888-786-7466)	www.hygeiababy.com
Limerick:	877-546-3742	www.limerickinc.com
Avent:	800-542-8368	www.avent.com
Bailey:	800-413-3216	www.baileymed.com

ERIE

Lactation Consultants/Nurses (hospital)
*St. Vincent Hospital: 814-452-7732 Karen McArthur, RN, IBCLC kmcarthu@svhs.org
Carol Cacchione, RN, IBCLC
Christina Joint, RNC, IBCLC cjoint@svhs.org
*UPMC Hamot Women's Hospital: 814-877-6722 – Jan Moryc, RN, IBCLC morycjs@upmc.edu
Karen Walker RNC, IBCLC walkerkm@upmc.edu
**Out-patient lactation consults available – fee for service*

Hospital Breastfeeding Classes
Hamot Health Connection, UPMC Hamot Women's Hospital 814-877-6145
St. Vincent Health Center: 814-452-5664

Breastfeeding Mothers' Groups

La Leache League:	814-240-9809 Cass Cassandra.LaLecheLeague@gmail.com
	814-440-1502 Gretch Gretchen.LaLecheLeague@gmail.com
St. Vincent Hospital:	814-452-7732 Karen McArthur, RN, IBCLC kmcarthu@svhs.org
UPMC Hamot Women's	814-877-6722 Karen Walker RNC, IBCLC walkerkm@upmc.edu

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Theresa Wirtner, CLC: 814-899-1734 ext. 25 (JFK Center)
Lisa Scully: 814-453-5747 Ext 245 (BTW Center)
Janelle Kerr: 814-459-1948 Ext. 224 (Mini Mall)
Ashley Simmon: 814-459-1948 Ext. 223 (Mini Mall)

Breastfeeding Help Lines
Saint Vincent Lactation Center 814-452-7732
PA WIC Breastfeeding Warm Line: 1-855-427-5666 Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women's Health Information Center: 800-994-9662 www.womenshealth.gov/breastfeeding

Lake Erie Breastfeeding Coalition lakeeriebreastfeedingcoalition@gmail.com
Christina Joint, RNC, IBCLC cjoint@svhs.org
Karen Walker walkerkm@upmc.edu
Jan Moryc morycjs@upmc.edu

Breast Pumps* (for purchase and/or rental to general public)
MedCare Equipment Company: 814-877-6121
Saint Vincent Lactation Center: 814-452-7732
A Mother's Boutique: 724-934-8795 (Wexford, PA) will mail rental pump judy@mothersboutique.com
**Some rental stations also carry pumps for purchase.*

Breast Pumps for Purchase
The baby section of local department stores and pharmacies may carry various brands of pumps. Choose wisely! Pump brands vary in quality and effectiveness. Call a local breastfeeding specialist for more information. NOTE: The Food and Drug Administration (FDA) considers breast pumps single use devices, with the exception of FDA cleared, hospital-grade pumps, and recommends that pumps should only be used by one woman, because there is no way to guarantee the pump can be cleaned and disinfected between uses by different women.

Breast pump customer service numbers and websites:

Medela:	800-435-8316	www.medela.us	Limerick:	877-546-3742	www.limerickinc.com
Ameda:	866-992-6332	www.ameda.com	Avent:	800-542-8368	www.avent.com
Hygeia:	888-786-7466)	www.hygeiababy.com	Bailey:	800-413-3216	www.baileymed.com

FAYETTE

Lactation Consultants (hospital)
*Uniontown Hospital: 724-430-5607
Roberta Peskie, RN, IBCLC
Karen Lessman, RN, IBCLC
Debbie Atkinson, IBCLC
**Breastfeeding parent support group available*

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Roberta Conner, Amy Griffiths, CLC -724-437-6050 ext. 3217
Peer Counselors: Rose 724-437-6050 ext. 3275 ; Kim 724-437-6050 ext. 3246

La Leche League:
Tina: 724-628-8919

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666 Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women's Health Information Center: 800-994-9662 www.womenshealth.gov/breastfeeding

Southwestern Pennsylvania Breastfeeding Coalition Michelle Kasmer, IBCLC 724-244-9135
Judy Gutowski, IBCLC 724-832-2507 Alexis Heinbaugh 724-850-1642

Breast Pumps* (for purchase and/or rental to general public)
MedCare Equipment Company: 888-694-4564
Somerset Medical Supplies: 814-443-1496
Mommy Gear: 888-624-GEAR
A Mother's Boutique: 724-934-8795 (Wexford, PA) will mail rental pump judy@mothersboutique.com
**Some rental stations also carry pumps for purchase.*

Breast Pumps Retail
The baby section of local department stores and pharmacies may carry various brands of pumps. Choose wisely! Pump brands vary in quality and effectiveness. Call a local breastfeeding specialist for more information. NOTE: The Food and Drug Administration (FDA) considers breast pumps single use devices, with the exception of FDA cleared, hospital-grade pumps, and recommends that pumps should only be used by one woman, because there is no way to guarantee the pump can be cleaned and disinfected between uses by different women.

Breast pump customer service numbers and websites:

Medela:	800-435-8316	www.medela.us
Ameda:	866-992-6332	www.ameda.com
Hygeia:	888-786-7466)	www.hygeiababy.com
Limerick:	877-546-3742	www.limerickinc.com
Avent:	800-542-8368	www.avent.com
Bailey:	800-413-3216	www.baileymed.com

FOREST

WIC Breastfeeding Support/Counseling/Breast Pumps (for WIC participants only)
Venango/Forest:
Certified Lactation Counselor: Doreen Scarmack, CPA/BFC-PCM-CLC - 724-981-6154
Peer Counselor: 814-676-0099

Clarion:
Peer Counselor: Annette Smith, CLC: 814-226-8130
Peer Counselor Supervisor: Dawn Venman, RD, LDN: 814-726-1093

La Leche League
Venango:
Susan Carlson: 814-677-3651or 814-758-3756 carlson_susan@hotmail.com
Available for telephone consultation only, no classes.
Clarion:
Sarah Kersey: 814-745-3358 or email: sakersey01@windstream.net

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666 Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women's Health Information Center: 800-994-9662 www.womenshealth.gov/breastfeeding

Electric Breast Pump Rentals* (general public)
Health Complex Pharmacy – Clarion Hospital: 814-226-7970
North West UPMC auxiliary: 814-676-7600
**Some rental stations also carry pumps for purchase.*

Breast Pumps Retail
The baby section of local department stores and pharmacies may carry various brands of pumps. Choose wisely! Pump brands vary in quality and effectiveness. Call a local breastfeeding specialist for more information. NOTE: The Food and Drug Administration (FDA) considers breast pumps single use devices, with the exception of FDA cleared, hospital-grade pumps, and recommends that pumps should only be used by one woman, because there is no way to guarantee the pump can be cleaned and disinfected between uses by different women.

Breast pump customer service numbers and websites:

Medela:	800-435-8316	www.medela.us
Ameda:	866-992-6332	www.ameda.com
Hygeia:	888-786-7466)	www.hygeiababy.com
Limerick:	877-546-3742	www.limerickinc.com
Avent:	800-542-8368	www.avent.com
Bailey:	800-413-3216	www.baileymed.com

FRANKLIN

Lactation Consultants/Nurses (hospital)
*Chambersburg Hospital: 717-267-7781 Suzy Wilkinson, RN, IBCLC
*Waynesboro Hospital: 717-765-3417 Sherry Beltz, RNC, IBCLC
**Breastfeeding classes available*
Some hospitals provide out-patient lactation consults, generally fee for service.

Lactation Consultants (Private practice)
Suzy Wilkinson, RN, IBCLC: 717-264-2520 or 717-860-0177 (Chambersburg)
Beverly Curtis, MS, PNP-BC, IBCLC: 717-334-7681 Gettysburg Pediatrics (Gettysburg)

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Michelle Koser, RN, IBCLC: 717-334-7634 ext 188 (Gettysburg)
Susan Davis, DTR, IBCLC: 717-263-0802 ext 329 (Chambersburg)
Karen Gosnell: 717-263-0802 ext 308 (Chambersburg)

La Leche League
Greencastle: Lorraine: 717-762-9094 Marah: 717-658-0779
Chambersburg: Heidi: 717-372-3380

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666 Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women's Health Information Center: 800-994-9662 www.womenshealth.gov/breastfeeding

Breastfeeding Coalition
Michelle Koser, RN, IBCLC, Chairperson: 717-334-7634 ext 152 (Gettysburg)

Electric Breast Pump Rentals* (general public)
East Berlin Pharmacy: 717-259-0421 (East Berlin)
Breast Expressions: 717-264-2520 (Chambersburg)
Equipped for Life: 717-263-4188 (Chambersburg)
Wellspan Adams Health Center Pharmacy on V-Twin Drive: 717-339-2600
Hanover Hospital Outpatient Pharmacy: 633-2244 (Symphony pump sales, ask for "Paul")
**Some rental stations also carry pumps for purchase.*

Breast Pumps Retail
The baby section of local department stores and pharmacies may carry various brands of pumps. Choose wisely! Pump brands vary in quality and effectiveness. Call a local breastfeeding specialist for more information. NOTE: The Food and Drug Administration (FDA) considers breast pumps single use devices, with the exception of FDA cleared, hospital-grade pumps, and recommends that pumps should only be used by one woman, because there is no way to guarantee the pump can be cleaned and disinfected between uses by different women.

Breast pump customer service numbers and websites:

Medela:	800-435-8316	www.medela.us
Ameda:	866-992-6332	www.ameda.com
Hygeia:	888-786-7466)	www.hygeiababy.com
Limerick:	877-546-3742	www.limerickinc.com
Avent:	800-542-8368	www.avent.com
Bailey:	800-413-3216	www.baileymed.com

FULTON

Lactation Nurses (hospital)
*UPMC Bedford Memorial: 814-623-3516 Tammy Lemin, RN, Manager, Carissa Resstly, RN
**Breastfeeding classes available*
Some hospitals provide out-patient lactation consults, generally fee for service.

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Vicki Davis, BS, IBCLC: 814-623-6571 (Bedford)
Dustin Wink, BS, CLC: 717-485-9484 (Fulton)

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666 Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women's Health Information Center: 800-994-9662 www.womenshealth.gov/breastfeeding

Electric Breast Pump Rentals* (general public)
Suzy Wilkinson, RN, IBCLC: 717-264-2520 or 717-860-0177 (Chambersburg)
**Also carries pumps for purchase.*

Breast Pumps Retail
The baby section of local department stores and pharmacies may carry various brands of pumps. Choose wisely! Pump brands vary in quality and effectiveness. Call a local breastfeeding specialist for more information. NOTE: The Food and Drug Administration (FDA) considers breast pumps single use devices, with the exception of FDA cleared, hospital-grade pumps, and recommends that pumps should only be used by one woman, because there is no way to guarantee the pump can be cleaned and disinfected between uses by different women.

Breast pump customer service numbers and websites:

Medela:	800-435-8316	www.medela.us
Ameda:	866-992-6332	www.ameda.com
Hygeia:	888-786-7466)	www.hygeiababy.com
Limerick:	877-546-3742	www.limerickinc.com
Avent:	800-542-8368	www.avent.com
Bailey:	800-413-3216	www.baileymed.com

GREENE
(includes Washington County)

Lactation Consultants (hospital)
The Washington Hospital: 724-250-4476 Linda Kelley, RN, IBCLC
Breastfeeding classes and out-patient lactation consults (fee for service) available

WIC Lactation Consultants/Breast Pumps (for WIC participants only)
Lactation Consultant: Rosa Snyder-Boyd, IBCLC: 877-814-0788 ext 441
WIC Peer Counselors: 877-814-0788 ext 449
Debbie (Certified Lactation Counselor, CLC), Cheryl or Kathy

La Leche League website: LaLecheLeagueofPeters.wordpress.com
e-mail: lllofwashco@gmail.com

Cindy: 724-746-2188	Jackie: 412-398-5505	Heidi: 724-916-4817
Janet: 412-854-4814	Kate: 724-941-2370	Madeline: 724-941-2248

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666 Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women's Health Information Center: 800-994-9662 www.womenshealth.gov/breastfeeding

Southwestern Pennsylvania Breastfeeding Coalition Michelle Kasmer, IBCLC 724-244-9135
Judy Gutowski, IBCLC 724-832-2507 Alexis Heinbaugh 724-850-1642

Breast Pumps* (for purchase and/or rental to general public)
MedCare Equipment Company: 888-694-4564
A Mother's Boutique: 724-934-8795 (Wexford, PA) will mail rental pump judy@mothersboutique.com
Washington Hospital 724-250-4476 (Washington)
**Some rental stations also carry pumps for purchase.*

Breast Pumps Retail
The baby section of local department stores and pharmacies may carry various brands of pumps. Choose wisely! Pump brands vary in quality and effectiveness. Call a local breastfeeding specialist for more information. NOTE: The Food and Drug Administration (FDA) considers breast pumps single use devices, with the exception of FDA cleared, hospital-grade pumps, and recommends that pumps should only be used by one woman, because there is no way to guarantee the pump can be cleaned and disinfected between uses by different women.

Breast pump customer service numbers and websites:

Medela:	800-435-8316	www.medela.us
Ameda:	866-992-6332	www.ameda.com
Hygeia:	888-786-7466)	www.hygeiababy.com
Limerick:	877-546-3742	www.limerickinc.com
Avent:	800-542-8368	www.avent.com
Bailey:	800-413-3216	www.baileymed.com

HUNTINGDON

Lactation Consultants (hospital)
* **Altoona Hospital: 814-889-2557 Michele Thompson, RN, IBCLC; Alison Keating, RN, IBCLC
* **Nason Hospital: 814-224-6237 Nancy Becker, RN, IBCLC; Sharon Hanlon, RN, CLC
Erin Hollen, RN, CLC
*J. C. Blair Hospital: 814-643-8534 Misty Oser, RN
**Breastfeeding classes available*
***Some hospitals provide out-patient lactation consults, generally fee for service.*

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Blair:
Tracy Kelley, CLC: 814-943-0481 Susan Lamertina, CLC: 814-943-0481
Kathy Hart, CLC: 814-943-0481 Amy Lowe, CLC: 814-943-0481
Amy Brumbaugh, CLC: 814-943-0481
Huntington:
Stephanie Weaver: BS, IBCLC, RLC: work: 814-643-4491 home: 814-342-3095 cell:814-883-6090
Vicki Davis, BS, IBCLC: 814-635-3942

La Leche League:
Blair: Alison: 814-946-7061 Stacey: 814-674-8995

Other Breastfeeding Mother Groups
Altoona Hospital: 814-889-2557
Nason Hospital: 814-224-6221

Breastfeeding Help Lines
24 Hour Breastfeeding Support Line at Altoona Hospital: 814-889-2310
PA WIC Breastfeeding Warm Line: 1-855-427-5666 Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women's Health Information Center: 800-994-9662 www.womenshealth.gov/breastfeeding

Electric Breast Pump Rentals* (general public)
Home Health Resource: 800-514-4474

Breast Pumps* (for purchase and/or rental to general public)
MedCare Equipment Company: 888-694-4564
A Mother's Boutique: 724-934-8795 (Wexford, PA) will mail rental pump judy@mothersboutique.com
**Some rental stations also carry pumps for purchase.*

Breast Pumps for Purchase
The baby section of local department stores and pharmacies may carry various brands of pumps. Choose wisely! Pump brands vary in quality and effectiveness. Call a local breastfeeding specialist for more information. NOTE: The Food and Drug Administration (FDA) considers breast pumps single use devices, with the exception of FDA cleared, hospital-grade pumps, and recommends that pumps should only be used by one woman, because there is no way to guarantee the pump can be cleaned and disinfected between uses by different women.

Breast pump customer service numbers and websites:

Medela:	800-435-8316	www.medela.us
Ameda:	866-992-6332	www.ameda.com
Hygeia:	888-786-7466)	www.hygeiababy.com
Limerick:	877-546-3742	www.limerickinc.com
Avent:	800-542-8368	www.avent.com
Bailey:	800-413-3216	www.baileymed.com

INDIANA

Lactation Consultants (hospital)
*Indiana Regional Medical Center: 724-357-7496 Desiree Beppler, RN, BSN, CLC dbeppler@IndianaRMC.org
**Breastfeeding classes available*
Some hospitals provide out-patient lactation consults, generally fee for service.

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
PA Dept. of Health Breastfeeding Hotline: 1-855-4-ASK-MOM
Billie Jo: 866-942-2778 (Indiana County)
Debbie: 866-942-2778 (Armstrong County)
Jen: 866-942-2778 (Armstrong County)

La Leche League
Stephanie: 724-463-4661

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666 Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women's Health Information Center: 800-994-9662 www.womenshealth.gov/breastfeeding

Electric Breast Pump Rentals* (general public)
Gatti Pharmacy 724-349-4200
Diamond Medical Supply: 724-349-2830
Blessed Arrivals Doula Service: 724-433-4782 or 724-257-9352
Baird Medical Equipment: 1-215-884-2990 Klamont@bairdrespiratory.com
A Mother's Boutique: 724-934-8795 (Wexford, PA) will mail rental pump judy@mothersboutique.com
**Some rental stations also carry pumps for purchase.*

Breast Pumps Retail
The baby section of local department stores and pharmacies may carry various brands of pumps. Choose wisely! Pump brands vary in quality and effectiveness. Call a local breastfeeding specialist for more information. NOTE: The Food and Drug Administration (FDA) considers breast pumps single use devices, with the exception of FDA cleared, hospital-grade pumps, and recommends that pumps should only be used by one woman, because there is no way to guarantee the pump can be cleaned and disinfected between uses by different women.

Breast pump customer service numbers and websites:

Medela:	800-435-8316	www.medela.us
Ameda:	866-992-6332	www.ameda.com
Hygeia:	888-786-7466)	www.hygeiababy.com
Limerick:	877-546-3742	www.limerickinc.com
Avent:	800-542-8368	www.avent.com
Bailey:	800-413-3216	www.baileymed.com

JEFFERSON

Lactation Consultants/Nurses (hospital)
*Punsutawney Hospital: 814-938-1806-Paula Fye, RN and Maternity: 814-938-1895
*Dubois Regional Medical Center: Maternity: 814-375-2229 NICU: 1-814-375-6428
*Clearfield Hospital: 814-768-2480 Barb Westover, CLC, Gail Harper, CLC
**Also provide breastfeeding classes*
Some hospitals provide out-patient lactation consults, generally fee for service

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
North Central PA Regional Planning and Development Comm: Ridgway – main office: 814-773-3162
(Ask for Pat Panighetti, CLC, Becky Brickley, CLC) or Julie Kasmierski, CLC
WIC Breastfeeding Peer Counselors: Amanda Margeson, CLC:888-647-6601

Breastfeeding Classes:
Stephanie Heffner, RN, Peritech Home Health Associates: 800-634-5670

Breastfeeding Mothers' Groups
DuBois Regional Medical Center 1st and 3rd Wednesdays 814-594-2951

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666 Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women's Health Information Center: 800-994-9662 www.womenshealth.gov/breastfeeding

Electric Breast Pump Rentals* (general public)
St. Marys Pharmacy Home Medical: 800-876-3442 or 814-371-2780 (St. Marys and DuBois Mall)
Clear Care Corp: 814-765-0221 (Clearfield)
A Mother's Boutique: 724-934-8795 (Wexford, PA) will mail rental pump judy@mothersboutique.com
**Some rental stations also carry pumps for purchase.*

Breast Pumps Retail
The baby section of local department stores and pharmacies may carry various brands of pumps. Choose wisely! Pump brands vary in quality and effectiveness. Call a local breastfeeding specialist for more information. NOTE: The Food and Drug Administration (FDA) considers breast pumps single use devices, with the exception of FDA cleared, hospital-grade pumps, and recommends that pumps should only be used by one woman, because there is no way to guarantee the pump can be cleaned and disinfected between uses by different women.

Breast pump customer service numbers and websites:

Medela:	800-435-8316	www.medela.us
Ameda:	866-992-6332	www.ameda.com
Hygeia:	888-786-7466)	www.hygeiababy.com
Limerick:	877-546-3742	www.limerickinc.com
Avent:	800-542-8368	www.avent.com
Bailey:	800-413-3216	www.baileymed.com

JUNIATA
(Includes Mifflin**)**

Lactation Consultants (hospital)
Lewistown Hospital: 717-242-7635
Cindy Treweek, RN, IBCLC
Jill Benner, CLC
Misty Markley-Latuz, CLC

Lactation Consultants (private practice)
Megan Mignot, RD, LDN, IBCLC, CLC, Marjorie Mearkle IBCLC, CLC, Nature to Nurture
814-876-0217 (State College) www.naturetonurture.net
Karen Foard, BA, IBCLC: 814-237-1506 (State College) kfoardlc@comcast.net
Also provides in-services for health professionals and breastfeeding classes for general public.

Lactation Consultants (in physician office)
Teresa Timmerman, PA, IBCLC. Mount Nittany Physician Group – Pediatrics: 814-466-7921
(For Mount Nittany Physician Group patients, only).
Jan Giorecki, CLC, Geisinger Pediatrics 814-272-7710

Breastfeeding Mothers' Group
Juniata/Mifflin/Perry County Breastfeeding Group 3rd Wed. in Mifflintown 10 am to noon
https://www.facebook.com/groups/CentralPABreastfeedingSupport/
Amanda Yohn 717-554-4152 LLLamandaY@gmail.com
Shalee Ellis (717) 649-8441 shaleedrake@gmail.com
Veronica Wheatley (410) 330-5598 blondegurl_23@yahoo.com

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Lewistown WIC 1-717-248-5339
Breastfeeding Coordinator: Natalie Mochak
Breastfeeding Peer Counselors: Layne Halfpenny WIC cell: 717-877-7098 layneh@familyplanningplus.org

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666 Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women's Health Information Center: 800-994-9662 www.womenshealth.gov/breastfeeding

Electric Breast Pump Rentals (general public)
Karen Foard, IBCLC: 814-237-1506 (Also carries pumps for purchase)
A Mother's Boutique: 724-934-8795 (Wexford, PA) will mail rental pump judy@mothersboutique.com

Breast Pumps Retail
The baby section of local department stores and pharmacies may carry various brands of pumps. Choose wisely! Pump brands vary in quality and effectiveness. Call a local breastfeeding specialist for more information. NOTE: The Food and Drug Administration (FDA) considers breast pumps single use devices, with the exception of FDA cleared, hospital-grade pumps, and recommends that pumps should only be used by one woman, because there is no way to guarantee the pump can be cleaned and disinfected between uses by different women. Target in State College has a good supply.

Breast pump customer service numbers and websites:

Medela:	800-435-8316	www.medela.us	Limerick:	877-546-3742	www.limerickinc.com
Ameda:	866-992-6332	www.ameda.com	Avent:	800-542-8368	www.avent.com
Hygeia:	888-786-7466)	www.hygeiababy.com	Bailey:	800-413-3216	www.baileymed.com

LACKAWANNA

Lactation Consultants/Nurses (hospital)
* **Moses Taylor Hospital: 570-770-5518 Out-patient lactation services
Debra Derby, RN, IBCLC dderby@mth.org
Kathy McCormick, RN, IBCLC kmccormick@mth.org
Corinne Staples, RN, IBCLC cstaples@mth.org
**Breastfeeding classes available*
***Some hospitals provide out-patient lactation consults, generally fee for service.*

WIC Breastfeeding Support/Breast Pumps (for WIC participants)
Sandy Kalish, CLC, WIC Breastfeeding Coordinator: 800-367-6347 skalish@mfhs.org
Jillian Meyer, CLC: 610-432-3455
WIC Breastfeeding Peer Counselor- Scranton WIC Center: 570-346-8493
WIC Breastfeeding Peer Counselor- Tunkhannock WIC Center: 570-836-6622 (Wyoming)

La Leche League
Ellen 570-563-2462
Tara 570-586-0359
Georgeanne 570-348-0890
Jane 570-965-2371
Mary Ann 570-563-0976

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666 Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women's Health Information Center: 800-994-9662 www.womenshealth.gov/breastfeeding

Lackawanna County Breastfeeding Coalition Kathy McCormick **kmccormick@mth.org**

Electric Breast Pump Rentals* (general public)
Moses Taylor Hospital: 570-770-5518 (Scranton)
Babies R US: 570-822-7854 (Wilkes-Barre)
A Mother's Boutique: 724-934-8795 (Wexford, PA) will mail rental pump judy@mothersboutique.com
**Some rental stations also carry pumps for purchase.*

Breast Pumps Retail
The baby section of local department stores and pharmacies may carry various brands of pumps. Choose wisely! Pump brands vary in quality and effectiveness. Call a local breastfeeding specialist for more information. NOTE: The Food and Drug Administration (FDA) considers breast pumps single use devices, with the exception of FDA cleared, hospital-grade pumps, and recommends that pumps should only be used by one woman, because there is no way to guarantee the pump can be cleaned and disinfected between uses by different women.

Breast pump customer service numbers and websites:

Medela:	800-435-8316	www.medela.us
Ameda:	866-992-6332	www.ameda.com
Hygeia:	888-786-7466)	www.hygeiababy.com
Limerick:	877-546-3742	www.limerickinc.com
Avent:	800-542-8368	www.avent.com
Bailey:	800-413-3216	www.baileymed.com

LANCASTER

Lactation Consultants/Nurses (hospital)

* **Ephrata Community Hospital: 717-738-6308
  Inez Curtis, RNC, BS, IBCLC, Kathryn Peris, RN, BSN, IBCLC, Vicki Coen, RN, IBCLC
* **Lancaster General Women and Babies Hospital: 717-544-3335
  Chris Hansson, RN, BSN, IBCLC; Sue Ellen Harris, RN, BSN, IBCLC;
  Laura Henry, BS, RN, IBCLC; Joanna Boyer, RN, ICCE, IBCLC, ICD;
  Rhonda Urban, RN, BSN, IBCLC; Charlene Wolford, RN, BSN, IBCLC
* **Heart of Lancaster Regional Medical Center: 717-625-5337 Elaine Tobias, RN, IBCLC,
  Lisa Brown, RN, IBCLC lisabrownrn@comcast.net

**Breastfeeding classes available*
***Some hospitals provide out-patient lactation consults, generally fee for service.*

Lactation Consultant/Nurse (within Pediatric Office)

The Lactation Center of Lancaster County at Eden Park Pediatrics: 717-344-0579:
Martha Kautz, RNC, BS, IBCLC, Lisa Brown RN, IBCLC

Lactation Consultants (private practice home visits)

Bethany Landgraff, BSN, RNC, IBCLC 717-471-2019 bethany@BabyFusion.org www.BabyFusion.org
Mother's Harvest, Ellysha MacIvor Baker, RN, IBCLC 610-517-6857

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)

Breastfeeding Peer Counseling Program 717-509-6299
Judy Fulginiti, CLC 717-509-3686 ext. 3091 or Olivia Sabo, CLC 717-509-3686 ext. 3093

La Leche League

Red Rose: Audrey: 717-389-3281 Kelly: 717-406-3901 Devon: 717-701-3558
Andrea: 302-388-2546
Lancaster East: Diane: 717-464-0171 Bobbie: 717-569-5556
Greater Ephrata: Peggy: 610-678-8229 Andrea: 717-336-3418
Susquehanna: Tania 717-492-0541

Breastfeeding Help Lines

PA WIC Breastfeeding Warm Line: 1-855-427-5666 Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women's Health Information Center: 800-994-9662 www.womenshealth.gov/breastfeeding

Lancaster County Breastfeeding Coalition Audrey Perry Audrey.Perry@frontier.edu

South Central Pennsylvania Lactation Consultant Association: Nurture Genny Whitehaus
717-533-7308 genwh3@verizon.net For education and networking of lactation consultants

Electric Breast Pump Rentals* (general public)

Ephrata Medical Equipment: 717-733-0405 (Ephrata location)
Superior Oxygen: 717-509-0202
Women and Babies Hospital: 717-544-3335
Heart of Lancaster Regional Medical Center: 717-625-5337
Eden Park Pediatrics: 717-344-0579
A Mother's Boutique: 724-934-8795 (Wexford, PA) will mail rental pump judy@mothersboutique.com
**Some rental stations also carry pumps for purchase.*

Breast Pumps Retail

The baby section of local department stores and pharmacies may carry various brands of pumps. Choose wisely! Pump brands vary in quality and effectiveness. Call a local breastfeeding specialist for more information. NOTE: The Food and Drug Administration (FDA) considers breast pumps single use devices, with the exception of FDA cleared, hospital-grade pumps, and recommends that pumps should only be used by one woman, because there is no way to guarantee the pump can be cleaned and disinfected between uses by different women.

Breast pump customer service numbers and websites:

Medela: 800-435-8316 www.medela.us

Ameda: 866-992-6332 www.ameda.com

Hygeia: 888-786-7466) www.hygeiababy.com

Limerick: 877-546-3742 www.limerickinc.com

Avent: 800-542-8368 www.avent.com

Bailey: 800-413-3216 www.baileymed.com

LAWRENCE

Lactation Consultants (hospital)
Jameson Health System: Phyllis Heasley, BSN 724-658-9001 ext 4023
*Butler Memorial Hospital:
Becky Fuhrer, RN, IBCLC: 724-284-4334, Ann Snodgrass, BSN, IBCLC: 724-284-4696
**Breastfeeding classes available*

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Aimee: 866-942-2778 (Lawrence County)

Lawrence County Breastfeeding Coalition: Jessica Simons jessjnll248@gmail.com

La Leche League
Lawrence County: Cathy: 724-651-0111 Mary Catherine: 724-654-8782
Chris: 724-658-0961 Rita: 724-652-4551
New Castle/Ellwood City (1st Wed. AM): Laura: 724-752-9199
Butler County: Vicki: 724-453-3524 Jeannie: 724-287-8660 Mollie: 724-256-8569

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National Women's Health Information Center: 800-994-9662 www.womenshealth.gov/breastfeeding

Electric Breast Pump Rentals* (general public)
Healthy Kids RX – 724-934-KIDZ Wexford, PA
My BFF (Breast Friends Forever) Store 724-654-4023 at Jameson Hospital: Open 24/7, offers breast pump rentals, sales, nursing covers and many other breastfeeding/pump accessories
Consignment Cottage 412 262-0833
Medcare 724-256-5110 (Julia for Butler area or 800-503-5554)
A Mother's Boutique: 724 934-8795 (Wexford, PA) will mail rental pump judy@mothersboutique.com
*Some rental stations also carry pumps for purchase.

Electric Breast Pump Rentals* (general public)
Healthy Kids RX – 724-934-KIDZ Wexford, PA
Jameson Hospital 724-656-4023
Consignment Cottage 412-262-0833
Medcare – 724-256-5110 (Julia for Butler area or 800-503-5554)
Baird Medical Equipment: 1-215-884-2990 Klamont@bairdrespiratory.com
A Mother's Boutique: 724-934-8795 (Wexford, PA) will mail rental pump judy@mothersboutique.com
**Some rental stations also carry pumps for purchase.*

Breast Pumps Retail
The baby section of local department stores and pharmacies may carry various brands of pumps. Choose wisely! Pump brands vary in quality and effectiveness. Call a local breastfeeding specialist for more information. NOTE: The Food and Drug Administration (FDA) considers breast pumps single use devices, with the exception of FDA cleared, hospital-grade pumps, and recommends that pumps should only be used by one woman, because there is no way to guarantee the pump can be cleaned and disinfected between uses by different women.

Breast pump customer service numbers and websites:

Medela:	800-435-8316	www.medela.us
Ameda:	866-992-6332	www.ameda.com
Hygeia:	888-786-7466)	www.hygeiababy.com
Limerick:	877-546-3742	www.limerickinc.com
Avent:	800-542-8368	www.avent.com
Bailey:	800-413-3216	www.baileymed.com

LEBANON

Lactation Consultants (hospital)

Good Samaritan Health System: 717-270-2290 – Leslie Cree, IBCLC, RLC out-patient services
free breastfeeding classes, call 270-2316 or register on line.
Harrisburg Hospital at Pinnacle Health: 717-782-5372
Ruth Solomon, RN, IBCLC rsoloman@pinnaclehealth.org ;
Shelley Lebo, RN, IBCLC; Lois Gaul, RN, IBCLC lgaul@pinnaclehealth.org
For breastfeeding classes, call: (Parent Child Education) 717-221-6255
Outpatient lactation consultations for patients of Pinnacle only: 717-782-5372
Hershey Medical Center of Penn State: Breastfeeding Resource Line 717-531-3754
Barbara Shocker, RN, MEd, IBCLC, Karen Campbell RN, IBCLC

For Breastfeeding classes, call: 531-6981
Mothers' Group--Every Tuesday of each month 10 am to 12 pm; at the Women's Health Center, Lois High Berstler Community Health Library, Room 206, 35 Hope Drive, Hershey
This class is designed for after the birth of your baby. It provides nutritional information for your new baby and open discussion on breastfeeding and mothers who are returning to work.
Out-patient consults on a fee for service basis: 717-531-3754

Lactation Consultants (private practice)
Home visits: Comprehensive Birth Support:: 717-533-7308 genwh@paonline.com
Genevieve Whitehaus, RN, BSN, CCE, IBCLC
Shannon Lilienthal, IBCLC, 717-712-6822 www.HarrisburgBreastfeeding.com (Mechanicsburg)
Leslie Cree, IBCLC: 717-514-7850 (Mechanicsburg) zippy1017@gmail.com (Mechanicsburg)
Visiting Nurses, Diane Hertzog, BSN, CLC 570-648-8989 (accept Blue Cross, Health America, TriCare, GHP, Medicaid access card)
Office visits: Jody Segrave-Daly, RN, MS, IBCLC 717-371-3303 jodysd@comcast.net
www.BreastfeedingBabiesHarrisburg.com
Good Samaritan Health System out-patient lactation consultations 717-270-2290
Harrisburg Hospital at Pinnacle Health out-patient lactation consultations 717-782-5372
Hershey Medical Center of Penn State out-patient lactation consultations 717-531-3754

Other Breastfeeding Helpers:
Pat Anderson, CLC; PCD (DONA) 717-682-4516

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)

Lebanon Family Health Services WIC Program: 717-273-6940
Breastfeeding Coordinators: Sara Wingert or Terri Smith
Breastfeeding Peer Counselor: Beth Keeney CLC – cell: .717.228.7051

Breastfeeding Mothers' Groups
La Leche League
Lebanon: Mary: 717-867-4103 – meet 1st Wed 7:30 pm Good Samaritan Hospital Community Health Education Building
Harrisburg/Mechanicsburg:
Kathleen 717-761-8165 savages@paonline.com
Maureen 717-540-7700 feesvam7@aol.com
Elizabeth: 717-939-2799
Cynthia 717-884-3520

LEBANON (continued)

Additional Breastfeeding Mothers' Groups

Meetings for breastfeeding moms: For information call 717-732-6485.

First Wednesday/month- 7-8:30 p.m., Pinnacle (old Osteopathic Hospital) on Londonderry Rd in Lower Paxton

Second Tuesday/month 10-11:30 a.m., Pinnacle Seidle Campus

New Mom Network (Infants 0 - 9 Months Old): For information call 717-782-2727.

Every Tuesday 1-2:30 p.m. GIANT Super Food Store, Camp Hill, The Community Center

Nursing Mother's Counselors of Harrisburg PA: Co-coordinators: Shelly Silber 717-422-3200 and Beth Lewis 937-474-9783 http://www.nursingmotherscounselors.com/

Mothers and Babies Together: Peer Counselor Program of Hershey Medical Center: Contact: Mary Metzger, RN, IBCLC, CCE 531-6981

Lebanon Family Health – 1st and 3rd Tuesday, 9:30-11:00 – 717.273.6940 Contact – Beth Keene**y and** Sara Wingert

Lebanon Valley Breastfeeding Coalition Leslie Cree zippy1017@gmail.com

South Central Pennsylvania Lactation Consultant Association: Nurture Genny Whitehaus 717-533-7308 genwh3@verizon.net For education and networking of lactation consultants

Breastfeeding Help Lines

PA WIC Breastfeeding Warm Line: 1-855-427-5666 Monday - Friday 8 am – 8 pm. Sat and Sun 9-1

PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229

National Women's Health Information Center: 800-994-9662 www.womenshealth.gov/breastfeeding

Electric Breast Pump Rentals* (general public)

Comprehensive Birth Support: 717-533-7308 (Hummelstown)

Lactation Center Pinnacle Health System: 717-782-5372 (Harrisburg)

Hershey Medical Center: 717-531-3754 (Hershey)

Good Samaritan Hospital Home Med Care: 717-272-2057 (Lebanon) (Palmira)

A Mother's Boutique: 724-934-8795 (Wexford, PA) will mail rental pump judy@mothersboutique.com

**Some rental stations also carry pumps for purchase.*

Breast Pumps Retail

The baby section of local department stores and pharmacies may carry various brands of pumps. Choose wisely! Pump brands vary in quality and effectiveness. Call a local breastfeeding specialist for more information. NOTE: The Food and Drug Administration (FDA) considers breast pumps single use devices, with the exception of FDA cleared, hospital-grade pumps, and recommends that pumps should only be used by one woman, because there is no way to guarantee the pump can be cleaned and disinfected between uses by different women.

Breast pump customer service numbers and websites:

Medela:	800-435-8316	www.medela.us
Ameda:	866-992-6332	www.ameda.com
Hygeia:	888-786-7466)	www.hygeiababy.com
Limerick:	877-546-3742	www.limerickinc.com
Avent:	800-542-8368	www.avent.com
Bailey:	800-413-3216	www.baileymed.com

LEHIGH

Lactation Consultants/Nurses (hospital)
* **Sacred Heart Hospital: 610-776-4756 Collet Hogan, RN, IBCLC, Michelle Bilar, RN, IBCLC
Lehigh Valley Hospital: 610-402-7264 Beth Kushner-Giovenco, RN, BSN, IBCLC,
Jeanne Schevets, RN, BSN, IBCLC, Jolie Maehrer, RN, BSN, IBCLC
* **St. Luke's Hospital, Allentown: 610-628-8698 Patti Hari, RN, IBCLC HariP@sluhn.org
* **St Luke's Hospital, Bethlehem: 484-526-1355 Victoria.Geiger@sluhn.org
Vicky Geiger, RN, BSN, IBCLC; Toni Prelovsky, RN, MSN, IBCLC
Catherine L. Waltemyer, BSN, RNC-NIC, IBCLC, Cathy.Waltemyer@sluhn.org
NICU Lactation Consultant at both St Luke's Bethlehem and Allentown 610-954-2248
**Breastfeeding classes available **Out-patient lactation consults, generally fee for service*

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Sandy Kalish, CLC, WIC Breastfeeding Coordinator: 800-367-6347 skalish@mfhs.org
Jillian Meyer, CLC: 610-432-3455
WIC Breastfeeding Peer Counselor- Lehigh Valley WIC Center: 610-432-3455
WIC Breastfeeding Peer Counselor- Carbon County WIC Center: 610-377-6097

Lactation consultations after hospital discharge or during pregnancy
Home visits: Mahala Lactation & Perinatal Services, LLC, Amy Nansteel, MA, IBCLC 484-858-0483 mahalamom.com
Angela Quinn, BS, IBCLC, RLC 484-857-2229 Mother2MotherMatters@gmail.com
www.Mother2MotherMatters.com www.facebook.com/Mother2MotherMatters
Liz Chang, CLC 610-997-7918 08chang@gmail.com (English and Spanish)
Office visits: St Luke's Hospital, Bethlehem Out-patient appointments: 484-526-1355 victoria.geiger@sluhn.org
Sacred Heart Hospital Out-patient appointments: 610-776-4756
St. Luke's Hospital, Allentown Out-patient appointments: 610-628-8698
Leila Nassar, MA, IBCLC 610-821-8033 ABC Family Pediatrics 401 North 17th Street Suite 203 Allentown
Leila.Nassar@lvhn.org
Rima L. Strassman, MD, FAAP, FABM, Children's HealthCare, 1517 Pond Road, Allentown, PA 18104 610-439-1550
nachas4@aol.com (performs frenotomies--anterior lingual, posterior lingual, and labial)

Breastfeeding mothers' groups
La Leche League: Lehigh County: Samina: 610-769-0622 Christine: 484-695-6191
Lehigh Valley Breastfeeding Mothers' Group (English and Spanish)
Liz Chang 08chang@gmail.com 610-997-7918 every Tuesday at 10:30-11:30am
at Forks Community Center, 500 Zucksville Road, Easton

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666 Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women's Health Information Center: 800-994-9662 www.womenshealth.gov/breastfeeding
St. Luke's Hospital, Bethlehem: 484-526-1355 Breastfeeding Answer Line
St. Luke's Hospital, Allentown: 610-628-8698 Breastfeeding Answer Line

Lehigh/Northampton/Carbon Breastfeeding Coalition Sue Madeja smadeja@bethlehem-pa.gov 610-865-7083

Electric Breast Pump Rentals* (general public)
Hartzells Pharmacy: 610-264-5471 (Catasauqua)
Mahala Pump Rentals of the Lehigh Valley 484-858-0483 mahalamom.com
Breast Health Services of Lehigh Valley Hosp.– Allentown: 610-402-2273
Breast Health Services of Lehigh Valley Hosp.– Trexlertown: 610-402-0138
Breast Health Services of Lehigh Valley Hosp.– Bethlehem: 610-884-2460
Rima L. Strassman, MD, FAAP, FABM, Children's HealthCare, 1517 Pond Road, Allentown, PA 18104 610-439-1550
nachas4@aol.com
A Mother's Boutique: 724-934-8795 (Wexford, PA) will mail rental pump judy@mothersboutique.com

Breast Pumps Retail
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Breast pump customer service numbers and websites:

Medela:	800-435-8316	www.medela.us	Limerick:	877-546-3742	www.limerickinc.com
Ameda:	866-992-6332	www.ameda.com	Avent:	800-542-8368	www.avent.com
Hygeia:	888-786-7466)	www.hygeiababy.com	Bailey:	800-413-3216	www.baileymed.com

LUZERNE

Lactation Consultants/Nurses (in-hospital)
* **Geisinger Wyoming Valley Medical Center: 570-808-5534 Jill Martin, RN, IBCLC
Nicole C. Williams RN, IBCLC
Hazleton General Hospital: 570-501-4200 Sadie Delpais, RN, CLC, Courtney Muendlein, RN, CLC
* **Wilkes-Barre General: 570-552-3418 Maria Mazzarella, RN, IBCLC
mmazzarella@commonwealthhealth.net
**Breastfeeding classes available*
***Some hospitals provide out-patient lactation consults, generally fee for service.*

Lactation Consultations after hospital discharge Office visits:
Pediatric Associates of Kingston 570-288-6543 x 247 Kathy Lloyd, LPN, IBCLC

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Sandy Kalish, CLC, WIC Breastfeeding Coordinator: 800-367-6347 skalish@mfhs.org
Jillian Meyer, CLC: 610-432-3455
WIC Breastfeeding Peer Counselor- Hazleton WIC Center: 570-459-1805
WIC Breastfeeding Peer Counselor- Kingston WIC Center: 570-283-3523
WIC Breastfeeding Peer Counselor- Wilkes-Barre WIC Center: 570-823-1516

La Leche League
Debbie 570-693-1072 Karen 570-388-2664
Angel 570-824-1406 Victoria: 570-836-3013

Luzerne County Breastfeeding Coalition: Jill Martin, BSN, RN, IBCLC 570-808-5534
jrmartin@geisinger.edu

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666 Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women's Health Information Center: 800-994-9662 www.womenshealth.gov/breastfeeding

Electric Breast Pumps Rentals* (general public)
Lori's Gifts, Wilkes-Barre General Hospital gift shop: 570-552-1241
Special Woman Boutique: 570-288-6688 (Kingston)
Advanced Pharmacy Services: 570-208-0277 (Plains)
A Mother's Boutique: 724-934-8795 (Wexford, PA) will mail rental pump judy@mothersboutique.com
**Some rental stations also carry pumps for purchase.*

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Hygeia: 888-786-7466) www.hygeiababy.com
Limerick: 877-546-3742 www.limerickinc.com
Avent: 800-542-8368 www.avent.com
Bailey: 800-413-3216 www.baileymed.com

LYCOMING

Lactation Consultants/Nurses (hospital)
* **Williamsport Regional Medical Center – Susquehanna Health: 570-321-2092
Audrey Gabriel, RN, IBCLC; Natalie McCullen, RN, IBCLC
**Also provide breastfeeding classes: 570-321-2069*
***Some hospitals provide out-patient lactation consults – generally fee for service.*

Lactation Consultant in Private Practice
Lisa McCloskey, RN, BSN, IBCLC 570-772-2403 mccloskeylj@gmail.com

WIC Lactation Consultants/Breast Pumps (for WIC participants only)
Betsy Huff, IBCLC, Laurie Huff, IBCLC: 570-322-7656
WIC Breastfeeding Helpline: 570-447-4928

Lycoming/Clinton Breastfeeding Coalition
Betsy Huff from WIC chairperson 570-322-7656
Pamela Klotz RN, BSN, secretary 570-327-3400 pklotz@state.pa.us
Family Health Nursing Services Consultant-Maternal Child/Health Northcentral District
PA Department of Health, 1000 Commerce Park Dr., Suite 109, Williamsport, PA 17701

La Leche League
Annette: 570-323-9861

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666 Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women's Health Information Center: 800-994-9662 www.womenshealth.gov/breastfeeding

Electric Breast Pump Rentals* (general public)
Dice Surgical 570-322-0656 (Williamsport)
A Mother's Boutique: 724-934-8795 (Wexford, PA) will mail rental pump judy@mothersboutique.com
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Breast Pumps for Purchase
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Hygeia:	888-786-7466)	www.hygeiababy.com
Limerick:	877-546-3742	www.limerickinc.com
Avent:	800-542-8368	www.avent.com
Bailey:	800-413-3216	www.baileymed.com

McKEAN
(Includes Warren)

Lactation Consultants/Nurses (hospital)
Bradford Regional Medical Center: 814-362-8240 Jayme Covert, RNC, CLC
Nicholle Aiello, RN, CLC
Warren General Hospital: 814-723-3300 Ext. 1681 Pam Campion, RN, IBCLC

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
McKean: Edna Wintermantel, RD, CLC: 814-362-4346
Jean Stratton, CPA, CLC: 814-362-4346
Warren: Dawn Venman, RD, LPN: 814-726-1093
Dianne Blankenberg: 814-726-1093 or 814-730-7819

Lactation Nurses
Healthy Beginnings Program: Donna Batterson, RN: 814-274-9045
Healthy Beginnings Plus in Bradford--Molly Kloss RN, CLC, Kristine Scanlon RD,CLC 814-363-4722
Dr. Rigas office: Grace Kellert, RN: 814-274-7687

Breastfeeding Mothers' Groups
La Leche League: Kelley 412-480-7103
Bradford Regional Medical Center: 814-362-8240 Jamie Covert, RN, CLC jcovert@brmc.com

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666 Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women's Health Information Center: 800-994-9662 www.womenshealth.gov/breastfeeding

Electric Breast Pump Rentals* (general public)
Apria Healthcare 814-726-7000
Great Lakes Home Health Care Services – Warren County: 716-664-5092
Great Lakes Home Health Care Services – McKean and Elk Counties: 814-362-8141
Seneca Home Health: 814-723-1155
Cole Care: 814-274-7250
A Mother's Boutique: 724-934-8795 (Wexford, PA) will mail rental pump judy@mothersboutique.com
**Some rental stations also carry pumps for purchase.*

Breast Pumps Retail
The baby section of local department stores and pharmacies may carry various brands of pumps. Choose wisely! Pump brands vary in quality and effectiveness. Call a local breastfeeding specialist for more information. NOTE: The Food and Drug Administration (FDA) considers breast pumps single use devices, with the exception of FDA cleared, hospital-grade pumps, and recommends that pumps should only be used by one woman, because there is no way to guarantee the pump can be cleaned and disinfected between uses by different women.

Breast pump customer service numbers and websites:

Medela:	800-435-8316	www.medela.us
Ameda:	866-992-6332	www.ameda.com
Hygeia:	888-786-7466)	www.hygeiababy.com
Limerick:	877-546-3742	www.limerickinc.com
Avent:	800-542-8368	www.avent.com
Bailey:	800-413-3216	www.baileymed.com

MERCER

Lactation Consultants (hospital)
* **UPMC Horizon--Shenango: (724)-347-4780, Janet Shilling, RN, LC OB: (724)-983-8730
* **Sharon Regional Health System: 724-983-5560, Yvonne Ceslak, BSN, IBCLC
OB: (724)-983-3868
* **Grove City Medical Center: 724-450-7090, Sarah Woodward, RN, BSN, CBC
**Breastfeeding classes available*
***Some hospitals provide out-patient consults, generally fee for service.*

Lactation Consultants (private practice)
Laurie Joanow, IBCLC: 724-342-5299
Available for consultation only, no classes (*Evenings or weekends)*
All 3 hospitals provide out-patient lactation consultations

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Certified Lactation Counselor:
Doreen Scarmack, CPA/BFC-PCM-CLC: (724)-981-6154
Hours: Monday, Tuesday, Thursday, & Friday 8 AM-4 PM Wednesday 11 AM-7 PM
Peer Counselors 724-981-6154 Mercer County

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666 Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women's Health Information Center: 800-994-9662 www.womenshealth.gov/breastfeeding

Electric Breast Pump Rentals* (general public)
Womencare Center of UPMC: 724-347-4780 (Hermitage)
A Mother's Boutique: 724-934-8795 (Wexford, PA) will mail rental pump judy@mothersboutique.com
**Some rental stations also carry pumps for purchase.*

Breast Pumps Retail
The baby section of local department stores and pharmacies may carry various brands of pumps. Choose wisely! Pump brands vary in quality and effectiveness. Call a local breastfeeding specialist for more information. NOTE: The Food and Drug Administration (FDA) considers breast pumps single use devices, with the exception of FDA cleared, hospital-grade pumps, and recommends that pumps should only be used by one woman, because there is no way to guarantee the pump can be cleaned and disinfected between uses by different women.

Breast pump customer service numbers and websites:

Medela:	800-435-8316	www.medela.us
Ameda:	866-992-6332	www.ameda.com
Hygeia:	888-786-7466)	www.hygeiababy.com
Limerick:	877-546-3742	www.limerickinc.com
Avent:	800-542-8368	www.avent.com
Bailey:	800-413-3216	www.baileymed.com

MIFFLIN

Lactation Consultants (hospital)
Lewistown Hospital: 717-242-7635 Cindy Treweek, RN, IBCLC; Jill Benner, CLC;
Misty Markley-Latuz, CLC
Some hospitals provide out-patient lactation consults, generally fee for service.

Lactation Consultants (private practice)
Megan Mignot, RD, LDN, IBCLC, CLC, Marjorie Mearkle IBCLC, CLC, Nature to Nurture
814-876-0217 (State College) www.naturetonurture.net
Karen Foard, BA, IBCLC: 814-237-1506 (State College) kfoardlc@comcast.net
Also provides in-services for health professionals and breastfeeding classes for general public.

Lactation Consultants (in physician office)
Teresa Timmerman, PA, IBCLC. Mount Nittany Physician Group – Pediatrics: 814-466-7921
(For Mount Nittany Physician Group patients, only).
Jan Giorecki, CLC, Geisinger Pediatrics 814-272-7710

Breastfeeding Mothers' Group
Juniata/Mifflin/Perry County Breastfeeding Group 3rd Wed. in Mifflintown 10 am to noon
https://www.facebook.com/groups/CentralPABreastfeedingSupport/
Amanda Yohn 717-554-4152 LLLamandaY@gmail.com
Shalee Ellis (717) 649-8441 shaleedrake@gmail.com
Veronica Wheatley (410) 330-5598 blondegurl_23@yahoo.com

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Lewistown WIC 1-717-248-5339
Breastfeeding Coordinator: Natalie Mochak
Breastfeeding Peer Counselors:
Layne Halfpenny WIC cell: 717-877-7098 layneh@familyplanningplus.org

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666 Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women's Health Information Center: 800-994-9662 www.womenshealth.gov/breastfeeding

Electric Breast Pump Rentals (general public)
Walnut Medical Services: 717-248-9938 (Burnham)
Dick's Homecare 717-247-0445
Karen Foard, IBCLC: 814-237-1506 (Also carries pumps for purchase)
A Mother's Boutique: 724-934-8795 (Wexford, PA) will mail rental pump judy@mothersboutique.com

Breast Pumps Retail
The baby section of local department stores and pharmacies may carry various brands of pumps. Choose wisely! Pump brands vary in quality and effectiveness. Call a local breastfeeding specialist for more information. NOTE: The Food and Drug Administration (FDA) considers breast pumps single use devices, with the exception of FDA cleared, hospital-grade pumps, and recommends that pumps should only be used by one woman, because there is no way to guarantee the pump can be cleaned and disinfected between uses by different women.

Breast pump customer service numbers and websites:

Medela:	800-435-8316	www.medela.us	Limerick:	877-546-3742	www.limerickinc.com
Ameda:	866-992-6332	www.ameda.com	Avent:	800-542-8368	www.avent.com
Hygeia:	888-786-7466)	www.hygeiababy.com	Bailey:	800-413-3216	www.baileymed.com

MONROE
(Includes Pike)

Lactation Consultants (hospital)
*Pocono Medical Center: 570-476-3471 - Melissa Yetter, RN, IBCLC, Melissa Smith, IBCLC
**Breastfeeding classes available*

Lactation Consultants (prívate practice)
Sarah Glenn, CCE, CD, IBCLC 570-350-7327 Sarahg68@yahoo.com
Blossom Baby Lactation Services: 484-602-5420 Christy Hume, BA, IBCLC
Melissa Yetter, RN, IBCLC 570-871-0406 melissa@mahalamom.com

WIC Breastfeeding Support/Breast Pumps
Sandy Kalish, CLC, WIC Breastfeeding Coordinator: 800-367-6347 skalish@mfhs.org
Jillian Meyer, CLC: 610-432-3455
WIC Breastfeeding Peer Counselor- East Stroudsburg WIC Center: 570-424-8784

La Leche League
Sarah: 570-350-7327 Sarahg68@yahoo.com

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666 Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women's Health Information Center: 800-994-9662 www.womenshealth.gov/breastfeeding

Monroe County Breastfeeding Coalition
Sarah Glenn, CCE, CD, IBCLC 570-350-7327 Sarahg68@yahoo.com
Ginny Sosnowski, RN, BSN 570-426-1688 vsosnowski@pmchealthsystem.org

Electric Breast Pump Rentals* (general public)
Lactation Station & More: 570-350-7327
A Mother's Boutique: 724-934-8795 (Wexford, PA) will mail rental pump judy@mothersboutique.com
**Some rental stations also carry pumps for purchase.*

Breast Pumps Retail
The baby section of local department stores and pharmacies may carry various brands of pumps. Choose wisely! Pump brands vary in quality and effectiveness. Call a local breastfeeding specialist for more information. NOTE: The Food and Drug Administration (FDA) considers breast pumps single use devices, with the exception of FDA cleared, hospital-grade pumps, and recommends that pumps should only be used by one woman, because there is no way to guarantee the pump can be cleaned and disinfected between uses by different women.

Breast pump customer service numbers and websites:

Medela:	800-435-8316	www.medela.us
Ameda:	866-992-6332	www.ameda.com
Hygeia:	888-786-7466)	www.hygeiababy.com
Limerick:	877-546-3742	www.limerickinc.com
Avent:	800-542-8368	www.avent.com
Bailey:	800-413-3216	www.baileymed.com

MONTGOMERY

Lactation Consultants/Nurses (hospital)

*Abington Memorial Hospital 215-481-6104 Laura Caso, RN, IBCLC; lcaso@amh.org
Mara Brand, RN, IBCLC, mbrand@amh.org Fran Ferraguti MSN, RNC, IBCLC
Beverly Desimone, RN, BSN, IBCLC, bdesimone@amh.irg
Kathy Szkromiuk, LPN, IBCLC, kszkromiuk@amh.org
*The Birth Center: 610-525-6106 Patty Siegrist, RN, IBCLC
2 Breastfeeding Mother Groups:
Rosemont Plaza: Every other Thursday West Philadelphia: Every other Wednesday
*Bryn Mawr Hospital 484-337-8241 Terry Sanborn, RN, IBCLC SanbornT@MLHS.ORG
Jill Hatch RNC IBCLC, Lydia Srubar RNC IBCLC
*Holy Redeemer Hospital 215-938-2923
*Lankenau Medical Center 1-866-CALL-MLH
Sue Bechhold, RN, MSN, IBCLC; Amy Hnetinka, RN, BSN, IBCLC
Mommy and Me Breastfeeding Group Every Monday, 2 – 3pm 866 – CALL – MLH
*Einstein Medical Center Montgomery 484-622-2226
Karen Meade, RN, IBCLC meadekar@einstein.edu
Eliza Magland, IBCLC maglande@einstein.edu
Rosalie Kmiec, RN, IBCLC kraussro@einstein.edu
Alison Neuhaus, IBCLC neuhausa@einstein.edu
* **Pottstown Memorial Medical Center: 610-327-7213 - Debra Werner, RN, CLC

**Breastfeeding classes available*
***Some hospitals provide out-patient lactation consults, generally fee for service.*

Lactation Consultants (private practice)

Breastfeeding Resource Center: 215-886-2433
Liz Brooks, JD, IBCLC 215-836-9088 liz.brooks@yahoo.com
Gordana Chelsvig, RD, IBCLC: 610-667-1588
Judy Crouthamel, RNC, BSN, IBCLC: 610-584-6111 info@amazingnewborn.com
www.amazingnewborn.com
Diane DiSandro, BA, IBCLC: 610-539-4476
Linda Doherty, IBCLC: 267-664-0759 (Perkasie)
Dana Ehman, BA, IBCLC 610-299-1038 dana@motherborn.com www.MotherBorn.com
Robin Frees, BA, IBCLC: Newborn Concepts: 610-644-1379 www.NewbornConcepts.com
Janet Graczyk, BS, IBCLC 610-804-7998
Grand View Hospital, Phyllis Young RN, IBCLC 215-453-4594 pyoung@gvh.org www.gvh.org
Linda Ivker, RN, BSN, IBCLC: 215-512-0075
Carrie Kimball, RN, IBCLC 267-456-2129 ckmidwife@gmail.com
Nikki Lee, RN, MS, IBCLC: 215-635-6477 nleeguitar@aol.com www.breastfeedingalwaysbest.com
Lisa Mandell, MBA, IBCLC: 610-517-9552 www.best4both.com
Karen Meade, IBCLC 610-716-7428
Jillian Nemeth, IBCLC; 215-528-8759
Angela Quinn, BS, IBCLC, RLC 484-857-2229 Mother2MotherMatters@gmail.com
www.Mother2MotherMatters.com https://www.facebook.com/Mother2MotherMatters
April Rosenblum, IBCLC 267-888-6455 westphillylactation@gmail.com www.westphillylactation.com
Amy Siegrist, BS, IBCLC 484-919-1027 amyibclc@gmail.com www.breastfeedingbond.com
Susan Slear, RN, IBCLC 215-757-6006 SSlearIBCLC@verizon.net
www.BreastfeedingHealpCenter.com
Carol Tenneriello, RN, IBCLC: 215-248-0197 milkyway4@verizon.net
Eliza Magland, IBCLC: 267-218-4938

Other lactation Helpers
Donna Eirich, ALC, CLC, CD(DONA), PCD(DONA): 610-409-5634 Ph 610-613-6034 Cell

WIC Breastfeeding Support/Breast Pumps
Sandy Kalish, CLC, WIC Breastfeeding Coordinator: 800-367-6347skalish@mfhs.org
Jillian Meyer, CLC: 610-432-3455
WIC Breastfeeding Peer Counselor- Norristown WIC Center: 610-272-4042

Breastfeeding Mothers' Groups
The Birth Center: 610-525-6106 Patty Siegrist, RN, IBCLC
2 Breastfeeding Mother Groups:
Rosemont Plaza: Every other Thursday
West Philadelphia: Every other Wednesday
Breastfeeding Resource Center, 1355 Old York Road, Suite 101, Abington - 215-886-2433
Weekly meetings www.BreastfeedingResourceCenter.org
Bryn Mawr Hospital 1-866-CALL- MLH Terry Sanborn, RN, IBCLC SanbornT@MLHS.ORG
Every Thursday 2 pm and every other Saturday 11 am Call 1- 866-call MLH for locations
Einstein Medical Center Montgomery: 484-622-2226
Tuesdays 11AM in the cafeteria conference room
Family Breastfeeding Annie amp@sta2ned.com Heidi familybreastfeeding@gmail.com
La Leche League
Montgomery County Central: Eliza 215-412-4162 Leah 215-380-0861 Wei 610-389-9195
Montgomery County East: Mary Ann 215-886-1693 Andrea 215-822-3964
Nursing Mothers Alliance: 610-251-9405 www.nursingmothersalliance.org nmapasub@yahoo.com
Tuesday mornings from 10-11 at Wegman's Collegeville
Friday mornings from 10-11 at Wegman's King of Prussia
Nursing Mother's Advisory Council www.nursingmoms.net Helpline: 215-572-8044
Abington Area Nursing Mothers: Kinu Nardini: 610-564-0938 Kinu.nardini@gmail.com
www.nursingmoms@yahoo.com Nicole Deming 267-243-4939 Netoohey13@gmail.com
North Penn Nursing Mothers: www.northpennursingmothers.org
Jeneen: 215-513-1969 (Harleysville) Holly: 215-997-2706 (Lansdale)
Ambler Nursing Mothers: Marla: 215-646-7276 mkepniss@hotmail.com, Nikki: 215-542-1154
Harleysville Nursing Mothers: Marilynn: 610-584-4013 dutch@nni.com Also covers Lansdale

Breastfeeding Help Lines
Greater Philadelphia Area LLL Helpline 610-666-0359
PA WIC Breastfeeding Warm Line: 1-855-427-5666 Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women's Health Information Center: 800-994-9662 www.womenshealth.gov/breastfeeding

Electric Breast Pump Rentals* (general public)
Abington Memorial Hospital 215-481-6106
Baird Respiratory 215-884-2990 ext 135 (Glenside)
Breastfeeding Resource Center: 215-886-2433 (Abington)
Bridget Welsh: 215-855-3944 bridgetwelsh@gmail.com
Carolyn for Diane's Pumps 484-949-9121 (Pottstown)
Diane Di Sandro: 610-539-4476 (Audubon)
Donna Eirich, ALC,CLC, CD(DONA), PCD(DONA) 610-409-5634 Ph 610-613-6034 Cell
Joanne Siciliano: 610-649-7769 (Ardmore) joanne@pumplady.com.
Judy Crouthamel: 610-584-6111
Omega Medical 610-327-2829 (Pottstown)
Phoenixville Hospital 610-983-1250
Professional Pharmacy: 610-327-4900 (Pottstown)
Wayne Home Care 610-687-6585 or 888-687-0687
A Mother's Boutique: 724-934-8795 (Wexford, PA) will mail rental pump
judy@mothersboutique.com
Lab Medical, 105 Montgomery Ave. Suite 1052, Montgomeryville, PA 18936
(855) 34PUMPS or 855-347-8677 Fax prescriptions to: 215-855-1822
Baird Respiratory 267-975-8289
**Some rental stations also carry pumps for purchase.*

Breast Pumps Retail
The baby section of local department stores and pharmacies may carry various brands of pumps. Choose wisely! Pump brands vary in quality and effectiveness. Call a local breastfeeding specialist for more information. NOTE: The Food and Drug Administration (FDA) considers breast pumps single use devices, with the exception of FDA cleared, hospital-grade pumps, and recommends that pumps should only be used by one woman, because there is no way to guarantee the pump can be cleaned and disinfected between uses by different women.

Breast pump customer service numbers and websites:

Ameda:	866-992-6332	www.ameda.com
Hygeia:	888-786-7466)	www.hygeiababy.com
Limerick:	877-546-3742	www.limerickinc.com
Avent:	800-542-8368	www.avent.com
Bailey:	800-413-3216	www.baileymed.com

MONTOUR

Lactation Consultants (hospital)
Geisinger Medical Center Lactation Support Team: 570-271-6560
April Clemens RN, IBCLC
Maryann Eisemann, RN, BSN, IBCLC
Jessica Sember RN, BSN, CLC, Heather McHenry RN, CLC, Ronna Aucker RN, CLC
(Breastfeeding classes and outpatient lactation consultations.)

After discharge lactation care:
Home visits: Visiting Nurses, Diane Hertzog, BSN, CLC 570-648-8989 (accept Blue Cross, Health America, TriCare, GHP, Medicaid access card)
Hospital out-patient services: Knapper Clinic at Geisinger Medical Center 570-271-6560

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Columbia Montour Tapestry of Health WIC Program: 570-245-0090 or 800-304-5835
Breastfeeding Coordinator Beckie Williams Office phone: 570-245-0900 Ext 1204
Breastfeeding Peer Counselor: Denisse Dianese CLC .-- office phone: 570-245-0900 Ext 1207
After Hours Cell Phone: 570-336-9941

La Leche League
Danville: Ginny: 570-275-1742 Mac1742@ptd.net Lisa: 570-784-2580
Rebecca: 570-284-4209 fraur.anderson@gmail.com

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666 Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women's Health Information Center: 800-994-9662 www.womenshealth.gov/breastfeeding

Electric Breast Pump Rentals (general public)
A Mother's Boutique: 724-934-8795 (Wexford, PA) will mail rental pump judy@mothersboutique.com
Baird Respiratory 267-975-8289 will mail rental pump klamont@bairdrespiratory.com

Breast Pumps Retail
The baby section of local department stores and pharmacies may carry various brands of pumps. Choose wisely! Pump brands vary in quality and effectiveness. Call a local breastfeeding specialist for more information. NOTE: The Food and Drug Administration (FDA) considers breast pumps single use devices, with the exception of FDA cleared, hospital-grade pumps, and recommends that pumps should only be used by one woman, because there is no way to guarantee the pump can be cleaned and disinfected between uses by different women.

Breast pump customer service numbers and websites:

Medela:	800-435-8316	www.medela.us
Ameda:	866-992-6332	www.ameda.com
Hygeia:	888-786-7466)	www.hygeiababy.com
Limerick:	877-546-3742	www.limerickinc.com
Avent:	800-542-8368	www.avent.com
Bailey:	800-413-3216	www.baileymed.com

NORTHAMPTON

Lactation Consultants/Nurses (hospital)

*Easton Hospital: 610-250-4332 or 610-250-4329 Estelle Leopold, RN, IBCLC
* **St. Luke's Hospital, Allentown: 610-628-8698 Patti Hari, RN, IBCLC HariP@sluhn.org
* **St Luke's Hospital, Bethlehem: 484-526-1355 Victoria.Geiger@sluhn.org
Vicky Geiger, RN, BSN, IBCLC; Toni Prelovsky, RN, MSN, IBCLC
Catherine L. Waltemyer RNC-NIC, IBCLC, NICU Lactation Consultant at both St Luke's Bethlehem and Allentown 610-954-2248

**Breastfeeding classes/support groups available*
***Some hospitals provide out-patient lactation consultants, generally fee for service.*

Lactation Consultants (Private Practice)

Mahala Lactation & Perinatal Services, LLC, Amy Nansteel, MA, IBCLC 484-858-0483 mahalamom.com
Angela Quinn, BS, IBCLC, RLC 484-857-2229 Mother2MotherMatters@gmail.com www.Mother2MotherMatters.com https://www.facebook.com/Mother2MotherMatters
Leila Nassar, MA IBCLC 610-821-8033 ABC Family Peds 17th Street Leila.Nassar@lvhn.org
Liz Chang, CLC 610-997-7918 08chang@gmail.com (English and Spanish)

WIC Breastfeeding Support/Breast Pumps (for WIC participants)

Sandy Kalish, CLC, WIC Breastfeeding Coordinator: 800-367-6347 skalish@mfhs.org
Jillian Meyer, CLC: 610-432-3455
WIC Breastfeeding Peer Counselor- Easton WIC Center, Danielle Flowers: 610-258-6938

Breastfeeding Mothers' Groups

La Leche League

Bethlehem group: http://www.lllusa.org/web/BethlehemPA.html
Christy: 610-974-9095 christyhume@zoho.com
Valerie: 610-248-0066 valeriebittner@aim.com

Lehigh Valley Breastfeeding Mothers' Group (English and Spanish)

Liz Chang 08chang@gmail.com 610-997-7918 every Tuesday at 10:30-11:30am at Forks Community Center, 500 Zucksville Road, Easton

Breastfeeding Help Lines

PA WIC Breastfeeding Warm Line: 1-855-427-5666 Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women's Health Information Center: 800-994-9662 www.womenshealth.gov/breastfeeding

Lehigh/Northampton/Carbon Breastfeeding Coalition Sue Madeja smadeja@bethlehem-pa.gov

Electric Breast Pump Rentals* (general public)

Homestar Medical: 610-882-2300 (Bethlehem)
Mahala Pump Rentals of the Lehigh Valley 484-858-0483 mahalamom.com
A Mother's Boutique: 724-934-8795 (Wexford, PA) will mail rental pump judy@mothersboutique.com
**Some rental stations also carry pumps for purchase.*

Breast Pumps for Purchase

The baby section of local department stores and pharmacies may carry various brands of pumps. Choose wisely! Pump brands vary in quality and effectiveness. Call a local breastfeeding specialist for more information. NOTE: The Food and Drug Administration (FDA) considers breast pumps single use devices, with the exception of FDA cleared, hospital-grade pumps, and recommends that pumps should only be used by one woman, because there is no way to guarantee the pump can be cleaned and disinfected between uses by different women.

Breast pump customer service numbers and websites:

Medela:	800-435-8316	www.medela.us	Limerick:	877-546-3742	www.limerickinc.com
Ameda:	866-992-6332	www.ameda.com	Avent:	800-542-8368	www.avent.com
Hygeia:	888-786-7466	www.hygeiababy.com	Bailey:	800-413-3216	www.baileymed.com

NORTHUMBERLAND
(Includes Snyder and Union)

Lactation Consultants (hospital)
Evangelical Community Hospital: 570-522-2612 Kelly Everett, RN, IBCLC keveritt@evanhospital.com
Geisinger Medical Center Lactation Support Team: 570-271-6560
April Clemens RN, IBCLC, Amy Lessin- Diehl RN, IBCLC
Jessica Sember RN, BSN, CLC, Heather McHenry RN, CLC, Ronna Aucker RN, CLC
(Breastfeeding classes and outpatient hours available.)

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Breastfeeding Coordinator:
Sharon Kemrer, RN, IBCLC: 570-523-6666 (Lewisburg) and 570-374-8261 (Selinsgrove)
Breastfeeding Peer Counselor:
Bethany Freeman, CLC: 570-648-1521 (Shamokin) or 570-988-1945 (Sunbury)
cell: 570-238-4627

Lactation Consultation after hospital discharge
Home visits: Visiting Nurses, Diane Hertzog, BSN, CLC 570-648-8989 (accept Blue Cross, Health America, TriCare, GHP, Medicaid access card)
Office visits: Geisinger Medical Center Lactation Support Team: 570-271-6560

La Leche League
Ginny: 570-275-1742 Mac1742@ptd.net

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666 Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women's Health Information Center: 800-994-9662 www.womenshealth.gov/breastfeeding

Electric Breast Pump Rentals* (general public)
McWilliams Pharmacy, Mill Street, Danville: 570-275-1140
Hub Surgical, 570-326-6521 (600 Rural Avenue, Williamsport)
Evangelical Community Hospital: 570-522-2612 Kelly Everett, RN, IBCLC keveritt@evanhospital.com
A Mother's Boutique: 724-934-8795 (Wexford, PA) will mail rental pump judy@mothersboutique.com
**Some rental stations also carry pumps for purchase.*

Breast Pumps Retail
The baby section of local department stores and pharmacies may carry various brands of pumps. Choose wisely! Pump brands vary in quality and effectiveness. Call a local breastfeeding specialist for more information. NOTE: The Food and Drug Administration (FDA) considers breast pumps single use devices, with the exception of FDA cleared, hospital-grade pumps, and recommends that pumps should only be used by one woman, because there is no way to guarantee the pump can be cleaned and disinfected between uses by different women.

Breast pump customer service numbers and websites:

Medela:	800-435-8316	www.medela.us
Ameda:	866-992-6332	www.ameda.com
Hygeia:	888-786-7466)	www.hygeiababy.com
Limerick:	877-546-3742	www.limerickinc.com
Avent:	800-542-8368	www.avent.com
Bailey:	800-413-3216	www.baileymed.com

PERRY

Lactation Consultants (hospital)
Carlisle Regional Medical Center: 717-960-3409 Outpatient lactation consultations
Tammy Rohn, RN, IBCLC tammy.rohn@hma.com Joyce Moser, RN, IBCLC joyce.moser@hma.com
Chambersburg Hospital: 717-267-7781 Suzy Wilkinson, RN, IBCLC
Holy Spirit Hospital 717-972-4500 Outpatient lactation consultations
Bernadette Anderson RN, IBCLC, Holly Stine, RN, IBCLC;
Jennifer Wasiak, RN, IBCLC Nancy McDaniel, RN, IBCLC
Harrisburg Hospital at Pinnacle Health: 717-782-5372
Ruth Solomon, RN, IBCLC rsoloman@pinnaclehealth.org;
Shelley Lebo, RN, IBCLC; Lois Gaul, RN, IBCLC lgaul@pinnaclehealth.org
Free breastfeeding classes, call: (Parent Child Education) 717-221-6255
Outpatient lactation consultations for patients of Pinnacle only: 717-782-5372

Lactation Consultants (Private Practice)
Suzy Wilkinson, RN, IBCLC: 717-264-2520 (Chambersburg)
Shannon Lilienthal, IBCLC: 717-712-6822 (Mechanicsburg) www.harrisburgbreastfeeding.com
Leslie Cree, IBCLC: 717.795.1712 (Mechanicsburg) zippy1017@gmail.com

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Kathie Wagner, BS, IBCLC, RLC: 717-761-7380 Ext: 4233
Cumberland Perry Tapestry of Health WIC Program: 717-243-0523 or 800-882-8812
Breastfeeding Peer Counselor: Ext 0507 Courtney Womack CLC Cell – 717.448.1295

Breastfeeding Mothers' Groups
Juniata/Mifflin/Perry County Breastfeeding Group 3rd Wednesday, in Mifflintown, 10 am to noon
https://www.facebook.com/groups/CentralPABreastfeedingSupport/
Amanda Yohn 717-554-4152 LLLamandaY@gmail.com
Shalee Ellis (717) 649-8441 shaleedrake@gmail.com
Veronica Wheatley (410) 330-5598 blondegurl_23@yahoo.com
Nursing Mother's Counselors of Harrisburg PA: Shelly Silber 717-422-3200; Beth Lewis 937.474.9783
OM Baby, Camp Hill (pumps and supplies for sale): Holly Keich 717-761-4975 www.ombabycenter.com
La Leche League
Carlisle: Molli 717-258-9608 mviora11@earthlink.net
Chambersburg: Lori 717-369-8023; Darlene 717-423-5110; Kara 717-734-3453
birthmatterstome@hotmail.com; Heidi 717-372-3380 bh.buffington@comcast.net
Harrisburg/Mechanicsburg: Kathleen 717-761-8165 savages@paonline.com
Maureen 717-540-7700 Elizabeth: 717-939-2799 Ruth: 717-238-0223

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666 Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women's Health Information Center: 800-994-9662 www.womenshealth.gov/breastfeeding

Electric Breast Pump Rentals* (general public)
Clear Care Corporation- 1-800-464-2273 (Clearfield) rentals and supplies; will mail out items
Comprehensive Birth Support: 717-533-7308 (Hummelstown)
GSH Home Med Care 717-272-2057 (Lebanon)
GSH Home Medical Care, Inc 717-838-7511 (Palmyra)
Hershey Medical Center: 717-531-3754 (Hershey)
Quality Care Pharmacy 717-249-5691 (Carlisle)
Suzy Wilkinson, RN, IBCLC: 717-264-2520 (Chambersburg)
**Some rental stations also carry pumps for purchase.*

Breast Pumps Retail
The baby section of local department stores and pharmacies may carry various brands of pumps. Choose wisely! Pump brands vary in quality and effectiveness. Call a local breastfeeding specialist for more information. NOTE: The Food and Drug Administration (FDA) considers breast pumps single use devices, with the exception of FDA cleared, hospital-grade pumps, and recommends that pumps should only be used by one woman, because there is no way to guarantee the pump can be cleaned and disinfected between uses by different women.

Breast pump customer service numbers and websites:

Medela:	800-435-8316	www.medela.us	Limerick:	877-546-3742	www.limerickinc.com
Ameda:	866-992-6332	www.ameda.com	Avent:	800-542-8368	www.avent.com
Hygeia:	888-786-7466)	www.hygeiababy.com	Bailey:	800-413-3216	www.baileymed.com

PHILADELPHIA

Lactation Consultants (hospital)

*Children's Hospital of Philadelphia: 215-590-4442, Diane Spatz, PhD, RNC spatz@nursing.upenn.edu
Rachelle Lessen, MS, RD, IBCLC lessen@email.chop.edu
Georgette Bartell, RN, IBCLC bartell@email.chop.edu
Margaret D'Andrea RNC, IBCLC dandrea@email.chop.edu
Meghan Devine, RN, BSN, IBCLC devinem@email.chop.edu

**Pennsylvania Hospital: 215-829-3644 (Warm Line)
Debi Page Ferrarello, RN, IBCLC 215-829-5085 Debi.Ferrarello@uphs.upenn.edu
Warm Line 215-829-3644

Hahnemann Univ. Hospital Christine Ilik RN, BSN, IBCLC
Sabrina Raheem, CLC 215 762-3908 sabrina.raheem@tenethealth.com
215-688-8061 sabrinassunflowers@gmail.com

Hospital of the University of Pennsylvania: 215-662-2361
Bonnie Higgins-Esplund, RN, IBCLC Bonnie.Higgins-Esplund@uphs.upenn.edu
Jen Peterman, RN, IBCLC, Jennifer.Peterman@uphs.upenn.edu
Lori Carpenter, RN, IBCLC Laura.Carpenter@uphs.upenn.edu
Sue Stabene, RN, CCE SStabene@obgyn.upenn.edu
Tricia Snyder, RN, IBCLC Tricia.Snyder@uphs.upenn.edu
Jennifer Connolly, RN, IBCLC Jennifer.Connolly@uphs.upenn.edu
Christine Jaslar, RN, IBCLC Christine.Jaslar@uphs.upenn.edu
Virginia Flego, RN, IBCLC Virginia.Flego@uphs.upenn.edu
Maria DiSciullo RN, IBCLC Maria.DiSciullo@uphs.upenn.edu

** ***Thomas Jefferson University Hospital: 215-955-6665
Fern Bernstein, BSN, IBCLC Joanne Walko, BSN, RN, IBCLC
Helen Costa, RN, IBCLC Betty Anne Hedges, BSN, IBCLC

Alberta Einstein Medical Center, Madeline Frith, LPN, IBCLC 215-456-6640
Jane Dougherty, RN, IBCLC
Pamela Mariotti, RNC, IBCLC

** Also provide out-patient office appointments*
*** Also have a breastfeeding mothers' group*
****Provide free breastfeeding classes*

Lactation Consultants (private practice)

Breastfeeding Resource Center: 215-886-2433 www.BreastfeedingResourceCenter.org
Lisa Broderick-Cohen, BA, IBCLC 215-407-1422 thebreastfeedinglady@gmail.com www.thebreastfeedinglady.com
Liz Brooks, JD, IBCLC 215-836-9088 liz.brooks@yahoo.com
Center City Pediatrics 215-735-5600 www.centercitypediatrics.com
Gordana Chelsvig, RD, IBCLC: 610-667-1588
Children's Hospital of Philadelphia: 215-590-4442 Rachelle Lessen RD, IBCLC lessenr@email.chop.edu
Judy Crouthamel, RNC, BSN, IBCLC 610-584-6111
Linda Derbyshire, BS, IBCLC 610-316-9157 lindaderby@verizon.net
Marlene Gawarkiewicz, IBCLC 267-226-4884 marleneglc@gmail.com
Rachel Gazda, BSW, IBCLC rkrgazda@gmail.com
Healthy Children's Center for Breastfeeding 610-329-6311 beautiful_beginnings@yahoo.com
Linda Ivker, RN, BSN, IBCLC 215 512 0075
Carrie Kimball, RN, IBCLC 267-456-2129 ckmidwife@gmail.com
Rosalie Kmiec RN, IBCLC, CBE 610-322-4932rosaliek2@gmail.com
Elizabeth Larkin, IBCLC 610-551-9398
Nikki Lee, RN, MS, IBCLC: 215-635-6477 nleeguitar@aol.com www.breastfeedingalwaysbest.com
Lisa Mandell, MBA, IBCLC: 610-517-9552 www.best4both.com
April Rosenblum, IBCLC 267-888-6455 westphillylactation@gmail.com www.westphillylactation.com
Amy Siegrist, BS, IBCLC 484-919-1027 amyibclc@gmail.com www.breastfeedingbond.com
Susan Slear, RN, IBCLC 215-757-6006 SSlearIBCLC@verizon.net
Carol Tenneriello, RN, IBCLC 215-248-0197 milkyway4@verizon.net
Thomas Jefferson University Hospital: 215-955-6665

Other lactation helpers:
Fairmount Pediatrics 215-774-1166 Diane Lawley, RN, CLC, CD, PCD
Debra Werner, RN, CLC: 610-327-7213

Breastfeeding Mothers' Groups:
Ali's Wagon 2017 Fairmont Ave $15 per session weekly Wed 11:30 www.aliswagon.com info@Aliswagon.com
Center City Pediatrics 1740 South Street 215-735-5600 Thursdays 10-11:30 am $15
Chestnut Hill/Mt.Airy Chapter: Vicky: 484-924-9205 vfsullivan@gmail.com
La Leche League: www.lllofeasternpa.org
Helpline: 610-666-0359 (for updated information on volunteer groups in area)
Marlene: 215-222-6332 MJGawark@aol.com Joanne: 215-729-0222 joanne.laub@gmail.com
Lisa: 856-727-5042 mindfullBCLC@gmail.com Marrianne: 215-264-1715
Maternity Care Coalition West Philadelphia, 3933 Lancaster Ave. Thursdays 1-4 pm Sara Kietzman
Maternity Care Coalition North Philadelphia Naima Black nblack@maternitycarecoalition.org
North Philadelphia Breastfeeding Project
Episcopal Hospital Naima Black nblack@maternitycare coalition.org
Temple Hospital Tamicka Stephens tstephens@maternitycare coalition.org
Pennsylvania Hospital: 215-829-3644 every Monday 12:30-2:00 (except for holidays)
Hall Mercer Building, Parent Child Center, 245 S. 8th Street, between Locust & Spruce
Philadelphia Health Center #4 4400 Haverford Avenue Mondays 9 to 1 pm
Philadelphia Health Center #5 1900 N. 20th Street Mondays 8:30-12 noon
Philadelphia Health Center #6 321 W. Girard Ave Tuesdays 8 am to 11:30 am
Philadelphia Health Center #9 131 E. Chelten Ave Thurdays 10:00 am to 1:30 pm
Marlene Gawarkiewicz 267-226-4884
Philadelphia Health Center #10 2230 Cottman Ave Thursdays 8 am to 11:30
The Birth Center: Studio 34, 4522 Baltimore Ave Patty Siegrist 610-525-6106 every other Wed 10-12
Rosemont Plaza, 1062 E. Lancaster Ave, Rm 20, Rosemont, PA every other Thur 9:30-12
T. Jefferson University Hospital: 215-955-6665 833 Chestnut St. Family Medicine Conference Room,
3rd Floor Tues. noon Deb Carl, RN, M Ed, IBCLC Deborah.carl@Jefferson.edu

Breastfeeding Help Lines
Greater Philadelphia Area LLL Helpline 610-666-0359
PA WIC Breastfeeding Warm Line: 1-855-427-5666 Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women's Health Information Center: 800-994-9662 www.womenshealth.gov/breastfeeding

Breast Pumps* (general public)
Pennsylvania Hospital: 215-829-5046
Children's Hospital: 267 426 5325
Breastfeeding Resource Center: 215-886-2433
Diane DiSandro: 610-539-4476 (Audubon)
Joanne Siciliano: 610-649-7769 (Ardmore) joanne@pumplady.com.
Bridget Welsh: 215-855-3944 bridgetwelsh@gmail.com
Judy Crouthamel 610-584-6111 (Skippack)
Lisa Volpe: 215-913-9199 for WIC clients only
A Mother's Boutique: 724-934-8795 (Wexford, PA) will mail rental pump judy@mothersboutique.com
**Some rental stations also carry pumps for purchase*

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Lisa Volpe: 215-978-6100 ext. 22 (For pump rental, call cell phone 215-913-9199)

Breast Pumps Retail
The baby section of local department stores and pharmacies may carry various brands of pumps. Choose wisely! Pump brands vary in quality and effectiveness. Call a local breastfeeding specialist for more information. NOTE: The Food and Drug Administration (FDA) considers breast pumps single use devices, with the exception of FDA cleared, hospital-grade pumps, and recommends that pumps should only be used by one woman, because there is no way to guarantee the pump can be cleaned and disinfected between uses by different women.

Breast pump customer service numbers and websites:

Medela:	800-435-8316	www.medela.us	Limerick:	877-546-3742	www.limerickinc.com
Ameda:	866-992-6332	www.ameda.com	Avent:	800-542-8368	www.avent.com
Hygeia:	888-786-7466	www.hygeiababy.com	Bailey:	800-413-3216	www.baileymed.com

PIKE

Lactation Consultants (hospital)
*Pocono Medical Center: 570-476-3471 Melissa Yetter, RN, LC, Melissa Smith, IBCLC
*Wayne Memorial Hospital: 570-253-3005 Patty Bows, IBCLC, Mary Lou Eimers, RN, LC
**Breastfeeding classes available*
Some hospitals provide out-patient lactation consults, generally fee for service.

WIC Breastfeeding Support/Breast Pumps
Sandy Kalish, CLC, WIC Breastfeeding Coordinator: 800-367-6347 skalish@mfhs.org
Jillian Meyer, CLC: 610-432-3455
WIC Breastfeeding Peer Counselor- East Stroudsburg WIC Center: 570-424-8784 (Monroe)

La Leche League
Sarah: 570-350-7327
Theresa: 570-688-0858

Electric Breast Pump Rentals* (general public)
Lactation Station & More: 570-350-7327
A Mother's Boutique: 724-934-8795 (Wexford, PA) will mail rental pump judy@mothersboutique.com
**Some rental stations also carry pumps for purchase.*

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666 Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women's Health Information Center: 800-994-9662 www.womenshealth.gov/breastfeeding

Pike/Wayne County Breastfeeding Coalition decker@wmh.org

Breast Pumps Retail
The baby section of local department stores and pharmacies may carry various brands of pumps. Choose wisely! Pump brands vary in quality and effectiveness. Call a local breastfeeding specialist for more information. NOTE: The Food and Drug Administration (FDA) considers breast pumps single use devices, with the exception of FDA cleared, hospital-grade pumps, and recommends that pumps should only be used by one woman, because there is no way to guarantee the pump can be cleaned and disinfected between uses by different women.

Breast pump customer service numbers and websites:

Medela:	800-435-8316	www.medela.us
Ameda:	866-992-6332	www.ameda.com
Hygeia:	888-786-7466)	www.hygeiababy.com
Limerick:	877-546-3742	www.limerickinc.com
Avent:	800-542-8368	www.avent.com
Bailey:	800-413-3216	www.baileymed.com

POTTER

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
North Central PA Regional Planning and Development Comm: Ridgway – main office: 814-773-3162
Ask for Pat Panighetti, CLC, Becky Brickley, CLC or Julie Kasmierski, CLC
WIC Breastfeeding Peer Counselors: Amanda Margeson, CLC: 888-647-6601
Angela 814-594-2951

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666 Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women's Health Information Center: 800-994-9662 www.womenshealth.gov/breastfeeding

Potter County Breastfeeding Coalition
Mary Ann Rigas maryannrigas@gmail.com
Ashley Cowburn ashley.cowburn@charlescolehospital.com
Maggie Johnson magj27@yahoo.com

Electric Breast Pump Rentals and Purchase* (general public)
St. Marys Pharmacy Home Medical: 800-876-3442 or 814-371-2780 (St. Marys and DuBois Mall))
Cole Care 814-274-9301 ext. 1283
A Mother's Boutique: 724-934-8795 (Wexford, PA) will mail rental pump judy@mothersboutique.com
**Some rental stations also carry pumps for purchase.*

Breast Pumps Retail
The baby section of local department stores and pharmacies may carry various brands of pumps. Choose wisely! Pump brands vary in quality and effectiveness. Call a local breastfeeding specialist for more information. NOTE: The Food and Drug Administration (FDA) considers breast pumps single use devices, with the exception of FDA cleared, hospital-grade pumps, and recommends that pumps should only be used by one woman, because there is no way to guarantee the pump can be cleaned and disinfected between uses by different women.

Breast pump customer service numbers and websites:

Medela:	800-435-8316	www.medela.us
Ameda:	866-992-6332	www.ameda.com
Hygeia:	888-786-7466)	www.hygeiababy.com
Limerick:	877-546-3742	www.limerickinc.com
Avent:	800-542-8368	www.avent.com
Bailey:	800-413-3216	www.baileymed.com

SCHUYLKILL

Lactation Consultants (hospital)
Schuylkill Health Medical Center: 570-621-5234. For breastfeeding classes: 570-621-5239.
Kathy Hochgertel, RN IBCLC, Connie Cunningham, RN IBCLC, Holly Michealson IBCLC
Some hospitals also provide out-patient lactation consults, generally fee for service.

Visiting Nurses: Diane Hertzog, BSN, CLC 570-648-8989 (accept Blue Cross, Health America, TriCare, GHP, Medicaid access card)

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Sandy Kalish, CLC, WIC Breastfeeding Coordinator: 800-367-6347 skalish@mfhs.org
Jillian Meyer, CLC: 610-435-3455
WIC Breastfeeding Peer Counselor- Pottsville WIC Center: 570-622-1244
WIC Breastfeeding Peer Counselor- Shenandoah WIC Center: 570-462-3323
WIC Breastfeeding Peer Counselor- Tamaqua WIC Center: 570-668-4699

Breastfeeding Peer Counselors:
Melanie Grady: 570-462-3323 (Shenandoah)
Jennifer Moore: 570-622-1244 (Pottsville)

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666 Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women's Health Information Center: 800-994-9662 www.womenshealth.gov/breastfeeding

Electric Breast Pump Rentals* (general public)
Good Samaritan Regional Medical Center: 570-621-4356 (Pottsville)
Yorkville Drug Store: 570-622-1639 (Pottsville)
A Mother's Boutique: 724-934-8795 (Wexford, PA) will mail rental pump judy@mothersboutique.com
**Some rental stations also carry pumps for purchase.*

Breast Pumps Retail
The baby section of local department stores and pharmacies may carry various brands of pumps. Choose wisely! Pump brands vary in quality and effectiveness. Call a local breastfeeding specialist for more information. NOTE: The Food and Drug Administration (FDA) considers breast pumps single use devices, with the exception of FDA cleared, hospital-grade pumps, and recommends that pumps should only be used by one woman, because there is no way to guarantee the pump can be cleaned and disinfected between uses by different women.

Breast pump customer service numbers and websites:

Medela:	800-435-8316	www.medela.us
Ameda:	866-992-6332	www.ameda.com
Hygeia:	888-786-7466)	www.hygeiababy.com
Limerick:	877-546-3742	www.limerickinc.com
Avent:	800-542-8368	www.avent.com
Bailey:	800-413-3216	www.baileymed.com

SNYDER

Lactation Consultants (hospital)
Evangelical Community Hospital: 570-522-2612 Kelly Everett, RN, IBCLC
keveritt@evanhospital.com
Geisinger Medical Center Lactation Support Team: 570-271-6560
April Clemens RN, IBCLC, Amy Lessin- Diehl RN, IBCLC
Jessica Sember RN, BSN, CLC, Heather McHenry RN, CLC, Ronna Aucker RN, CLC
(Breastfeeding classes and outpatient hours available.)

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Breastfeeding Coordinator:
Sharon Kemrer, RN, IBCLC: 570-523-6666 (Lewisburg) and 570-374-8261 (Selinsgrove)
Breastfeeding Peer Counselor:
Bethany Freeman CLC: 570-648-1521 (Sunbury)or 570-988-1945 (Shamokin)
cell: 570-238-4627

Lactation Consultations after Hospital Discharge
Visiting Nurses: Diane Hertzog, BSN, CLC 570-648-8989 (accept Blue Cross, Health America, TriCare, GHP, Medicaid access card)
Office visits: Geisinger Medical Center Lactation Support Team: 570-271-6560

La Leche League Ginny: 570-275-1742 Mac1742@ptd.net

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666 Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women's Health Information Center: 800-994-9662 www.womenshealth.gov/breastfeeding

Electric Breast Pump Rentals* (general public)
McWilliams Pharmacy, Mill Street, Danville: 570-275-1140
Hub Surgical, 570-326-6521 (600 Rural Avenue, Williamsport)
Evangelical Community Hospital: 570-522-2612 - Kelly Everett, RN, IBCLC
keveritt@evanhospital.com
Evangelical Community Hospital Home Care Products, Lewisburg: 570-522-2585 *purchase only*
A Mother's Boutique: 724-934-8795 (Wexford, PA) will mail rental pump judy@mothersboutique.com
**Some rental stations also carry pumps for purchase.*

Breast Pumps Retail
The baby section of local department stores and pharmacies may carry various brands of pumps. Choose wisely! Pump brands vary in quality and effectiveness. Call a local breastfeeding specialist for more information. NOTE: The Food and Drug Administration (FDA) considers breast pumps single use devices, with the exception of FDA cleared, hospital-grade pumps, and recommends that pumps should only be used by one woman, because there is no way to guarantee the pump can be cleaned and disinfected between uses by different women.

Breast pump customer service numbers and websites:

Medela:	800-435-8316	www.medela.us
Ameda:	866-992-6332	www.ameda.com
Hygeia:	888-786-7466)	www.hygeiababy.com
Limerick:	877-546-3742	www.limerickinc.com
Avent:	800-542-8368	www.avent.com
Bailey:	800-413-3216	www.baileymed.com

SOMERSET

Lactation Consultants/Nurses (hospital)
*Somerset Hospital: 814-443-5000 Deborah Perl, RN, IBCLC 814-444-5077 debiperl@comcast.net
*Conemaugh Memorial Medical Center: 814-534-3144 Out-patient Lactation Consults
Robin Stoltz, RN, IBCLC Robin Stoltz-rForosi@conemaugh.org
Diane Gorka, RN, IBCLC dgorka@conemaugh.org
Danna Bowser, RN, IBCLC dbowser@conemaugh.org
Margaret Wasser, RN, IBCLC mwasser@conemaugh.org
Marilyn Harrington, RN, CRNP, IBCLC mharring@conemaugh.org
**Breastfeeding classes available*
Some hospitals provide out-patient lactation consults, generally fee for service.

Lactation Consultants (Private practice, fee for service)
Somerset OB/GYN Associates: 814-445-3535
Conemaugh Memorial Medical Center: 814-534-3144 Out-patient Lactation Consults

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Somerset Tapestry of Health WIC Program: 814-443-1901 or 800-352-3532
Breastfeeding Coordinator: Heidi Koppenhofer, LPN, IBCLC: Ext.1781 heidi.koppenhofer@fhccp.org
Breastfeeding Peer Counselor: Lindsay Shaulis Ext 8583 lindsay.shaulis@fhccp.org
Community Action Partnership of Cambria County WIC Program:
Breastfeeding Coordinator: Melina Hudec, CLC: 814-536-9031 or 814-361-6370
WIC Breastfeeding Peer Counselors:
Brandy Fasoli (Ebensburg) 814-471-9798 or cell 814-322-2827

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666 Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women's Health Information Center: 800-994-9662 www.womenshealth.gov/breastfeeding
La Leche League: Laura Aughinbaugh 814-322-0857 lauraaughinbaugh@hotmail.com

Laurel Highlands Breastfeeding Coalition

Electric Breast Pump Rentals* (general public)
MedCare Equipment Company: 888-694-4564
Somerset Medical Supplies: 814-443-1496
Mommy Gear: 888-624-GEAR
A Mother's Boutique: 724-934-8795 (Wexford, PA) will mail rental pump judy@mothersboutique.com
**Some rental stations also carry pumps for purchase.*

Breast Pumps for Purchase
The baby section of local department stores and pharmacies may carry various brands of pumps. Choose wisely! Pump brands vary in quality and effectiveness. Call a local breastfeeding specialist for more information. NOTE: The Food and Drug Administration (FDA) considers breast pumps single use devices, with the exception of FDA cleared, hospital-grade pumps, and recommends that pumps should only be used by one woman, because there is no way to guarantee the pump can be cleaned and disinfected between uses by different women.

Breast pump customer service numbers and websites:
Medela: 800-435-8316 www.medela.us
Ameda: 866-992-6332 www.ameda.com
Hygeia: 888-786-7466)www.hygeiababy.com
Limerick: 877-546-3742 www.limerickinc.com
Avent: 800-542-8368 www.avent.com
Bailey: 800-413-3216 www.baileymed.com

SULLIVAN

Lactation Consultants/Nurses (hospital)
*Moses-Taylor Hospital: 570-340-3011 - Debra Derby, RN, IBCLC, Kathy McCormick, RN, IBCLC, Corinne Staples, RN, IBCLC
**Breastfeeding classes available*
Some hospitals provide out-patient lactation consults, generally fee for service.

WIC Breastfeeding Support/Breast Pumps (for WIC participants)
Sandy Kalish, CLC, WIC Breastfeeding Coordinator: 800-367-6347 skalish@mfhs.org
Jillian Meyer, CLC: 610-432-3455
WIC Breastfeeding Peer Counselor- Scranton WIC Center: 570-346-8493 (Lackawanna)
WIC Breastfeeding Peer Counselor- Tunkhannock WIC Center: 570-836-6622 (Wyoming)

La Leche League
Mary Ann: 570-563-0976 (Dalton)
Ellen: 570-563-2462
Jane: 570-965-2371 (Springville)
Victoria: 570-836-3013
Georgeanne: 570-348-0890 (Scranton)
Tara: 570-586-0359
Joan: 570-836-6783

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666 Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women's Health Information Center: 800-994-9662 www.womenshealth.gov/breastfeeding

Electric Breast Pump Rentals* (general public)
Mary Ann Rogan: 570-563-0976 (Dalton)
Moses Taylor Hospital: 570-770-5518 (Scranton)
Wayne Health Services: 800-346-8676 (Honesdale)
A Mother's Boutique: 724-934-8795 (Wexford, PA) will mail rental pump judy@mothersboutique.com
**Some rental stations also carry pumps for purchase.*

Breast Pumps Retail
The baby section of local department stores and pharmacies may carry various brands of pumps. Choose wisely! Pump brands vary in quality and effectiveness. Call a local breastfeeding specialist for more information. NOTE: The Food and Drug Administration (FDA) considers breast pumps single use devices, with the exception of FDA cleared, hospital-grade pumps, and recommends that pumps should only be used by one woman, because there is no way to guarantee the pump can be cleaned and disinfected between uses by different women.

Breast pump customer service numbers and websites:

Medela:	800-435-8316	www.medela.us
Ameda:	866-992-6332	www.ameda.com
Hygeia:	888-786-7466)	www.hygeiababy.com
Limerick:	877-546-3742	www.limerickinc.com
Avent:	800-542-8368	www.avent.com
Bailey:	800-413-3216	www.baileymed.com

SUSQUEHANNA

Lactation Consultants/Nurses (hospital)
*Moses-Taylor Hospital: 570-340-3011 - Debra Derby, RN, IBCLC, Kathy McCormick, RN, IBCLC, Corinne Staples, RN, IBCLC
**Breastfeeding classes available*
Some hospitals provide out-patient lactation consults, generally fee for service.

WIC Breastfeeding Support/Breast Pumps (for WIC participants)
Sandy Kalish, CLC: WIC Breastfeeding Coordinator 800-367-6347 skalish@mfhs.org
Jillian Meyer, CLC: 610-432-3455

La Leche League
Mary Ann: 570-563-0976 (Dalton)
Ellen: 570-563-2462
Jane: 570-965-2371 (Springville)
Georgeanne: 570-348-0890 (Scranton)
Tara: 570-586-0359
Holly: 717-826-7748

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666 Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women's Health Information Center: 800-994-9662 www.womenshealth.gov/breastfeeding

Electric Breast Pump Rentals* (general public)
Mary Ann Rogan: 570-563-0976 (Dalton)
Moses Taylor Hospital: 570-770-5518 (Scranton)
Wayne Health Services: 800-346-8676 (Honesdale)
A Mother's Boutique: 724-934-8795 (Wexford, PA) will mail rental pump judy@mothersboutique.com
**Some rental stations also carry pumps for purchase.*

Breast Pumps Retail
The baby section of local department stores and pharmacies may carry various brands of pumps. Choose wisely! Pump brands vary in quality and effectiveness. Call a local breastfeeding specialist for more information. NOTE: The Food and Drug Administration (FDA) considers breast pumps single use devices, with the exception of FDA cleared, hospital-grade pumps, and recommends that pumps should only be used by one woman, because there is no way to guarantee the pump can be cleaned and disinfected between uses by different women.

Breast pump customer service numbers and websites:

Medela:	800-435-8316	www.medela.us
Ameda:	866-992-6332	www.ameda.com
Hygeia:	888-786-7466)	www.hygeiababy.com
Limerick:	877-546-3742	www.limerickinc.com
Avent:	800-542-8368	www.avent.com
Bailey:	800-413-3216	www.baileymed.com

TIOGA

Lactation Consultants/Nurses (hospital)
*Memorial Hospital, Inc: 570-268-2252
Patti Esmus, RN, IBCLC
Claudia Piechocki, RN, BSN
*Robert Packer Hospital: 570-882-5034
Karen Guthrie, RN, IBCLC
Wendy Bellows, RNC
Soldiers and Sailors Memorial Hospital: 570-723-7764
Lillian Fox, RNC, IBCLC
Jodi Richter, RD, LDN, IBCLC 570-723-0436 jrichter@laurelhs.org

**Breastfeeding classes available*

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Sandy Kalish CLC, WIC Breastfeeding Coordinator: 800-367-6347 skalish@mfhs.org
Jillian Meyer, CLC: 610-432-3455
WIC Breastfeeding Peer Counselor- Tunkhannock WIC Center: 570-836-6622 (Wyoming)
WIC Breastfeeding Peer Counselor- Towanda WIC Center: 570-265-7001 (Bradford)

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666 Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women's Health Information Center: 800-994-9662 www.womenshealth.gov/breastfeeding

Electric Breast Pump Rentals (general public)
Towanda Memorial Hospital: 570-268-2252 (Towanda)
First Impressions (Robert Packer Hospital): 570-882-5863
Hubs Home Oxygen and Medical Supplies: 570-724-1515 (Wellsboro)
A Mother's Boutique: 724-934-8795 (Wexford, PA) will mail rental pump judy@mothersboutique.com

Breast Pumps Retail
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Breast pump customer service numbers and websites:

Medela:	800-435-8316	www.medela.us
Ameda:	866-992-6332	www.ameda.com
Hygeia:	888-786-7466)	www.hygeiababy.com
Limerick:	877-546-3742	www.limerickinc.com
Avent:	800-542-8368	www.avent.com
Bailey:	800-413-3216	www.baileymed.com

UNION

Lactation Consultants (hospital)
Evangelical Community Hospital: 570-522-2612
Kelly Everett, RN, IBCLC keveritt@evanhospital.com
Geisinger Medical Center Lactation Support Team: 570-271-6560
April Clemens RN, IBCLC, Amy Lessin- Diehl RN, IBCLC
Jessica Sember RN, BSN, CLC, Heather McHenry RN, CLC, Ronna Aucker RN, CLC
(Breastfeeding classes and outpatient hours available.)

Lactation Consultations after Hospital Discharge
Visiting Nurses: Diane Hertzog, BSN, CLC 570-648-8989 (accept Blue Cross, Health America, TriCare, GHP, Medicaid access card)
Office visit: Geisinger Medical Center Lactation Support Team: 570-271-6560

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Breastfeeding Coordinator:
Sharon Kemrer, RN, IBCLC: 570-523-6666 (Lewisburg) and 570-374-8261 (Selinsgrove)
Breastfeeding Peer Counselor:
Bethany Freeman CLC: 570-648-1521 (Shamokin) or 570-988-1945 (Sunbury)
cell: 570-238-4627

Breastfeeding Mothers' Groups
La Leche League Ginny: 570-275-1742 Mac1742@ptd.net
Breastfeeding USA Ruth: 570-524-0191 breastfeedingusa.ruth@gmail.com
Meetings 3rd Tuesday of the mo 7-9pm at Heiter Community Center, 100 N 5th St, Lewisburg

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666 Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women's Health Information Center: 800-994-9662 www.womenshealth.gov/breastfeeding

Electric Breast Pump Rentals* (general public)
Hub Surgical, 570-326-6521 (600 Rural Avenue, Williamsport)
Evangelical Community Hospital: 570-522-2612 Kelly Everett, RN, IBCLC keveritt@evanhospital.com
Evangelical Community Hospital Home Care Products, Lewisburg: 570-522-2585 *purchase only*
A Mother's Boutique: 724-934-8795 (Wexford, PA) will mail rental pump judy@mothersboutique.com
**Some rental stations also carry pumps for purchase.*

Breast Pumps Retail
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Breast pump customer service numbers and websites:

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Ameda:	866-992-6332	www.ameda.com
Hygeia:	888-786-7466)	www.hygeiababy.com
Limerick:	877-546-3742	www.limerickinc.com
Avent:	800-542-8368	www.avent.com
Bailey:	800-413-3216	www.baileymed.com

VENANGO

Lactation Consultants/nurses (hospital)
*UPMC Northwest: (814)-676-7600 OB: (814)-676-7845, Mary Tucker, RN
**Breastfeeding classes and weekly support groups available*
Some hospitals provide out-patient lactation consults, generally fee for service.

WIC Breastfeeding Support/Counseling/Breast Pumps (for WIC participants only)
Venango/Forest:
Certified Lactation Counselor: Doreen Scarmack, CPA/BFC-PCM-CLC - 724-981-6154
Peer Counselor: 814-676-0099

Clarion:
Peer Counselor Supervisor: Dawn Venman, RD, LDN: 814-726-1093
Peer Counselor: Annette Smith, CLC: 814-226-8130

La Leche League
Venango:
Susan Carlson: 814-677-3651 carlson_susan@hotmail.com
Available for telephone consultation only, no classes.
Clarion:
Sarah Kersey: 814-745-3358 or email: sakersey01@windstream.net

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666 Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women's Health Information Center: 800-994-9662 www.womenshealth.gov/breastfeeding

Electric Breast Pump Rentals* (general public)
Health Complex Pharmacy, Clarion Hospital: 814-226-7970
North West UPMC auxiliary: 814-676-7600
A Mother's Boutique: 724-934-8795 (Wexford, PA) will mail rental pump judy@mothersboutique.com
**Some rental stations also carry pumps for purchase.*

Breast Pumps Retail
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Breast pump customer service numbers and websites:

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Ameda:	866-992-6332	www.ameda.com
Hygeia:	888-786-7466)	www.hygeiababy.com
Limerick:	877-546-3742	www.limerickinc.com
Avent:	800-542-8368	www.avent.com
Bailey:	800-413-3216	www.baileymed.com

WARREN

Lactation Consultants/Nurses (hospital)
Bradford Regional Medical Center: 814-362-8240 Jamie Covert, RN
Warren General Hospital: 814-723-3300 Ext. 1681 Pam Campion, RN, IBCLC
Some hospitals provide out-patient consults, generally fee for service.

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
McKean: Edna Wintermantel: 814-362-4346
Warren: Dawn Venman, RD, LDN, CLC: 814-726-1093 or 814-706-2337
Dianne Blankenberg, CLC: 814-726-1093 or 814-730-7819

Lactation Nurses
Healthy Beginnings Program: Donna Batterson, RN: 814-274-9045
Dr. Rigas office: Grace Kellert, RN: 814-274-7687

Breastfeeding Mothers' Group
Bradford Regional Medical Center: 814-362-8240 Jamie Covert, RN, CLC jcovert@brmc.com

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666 Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women's Health Information Center: 800-994-9662 www.womenshealth.gov/breastfeeding

Electric Breast Pump Rentals* (general public)
Apria Healthcare: 814-726-7000
Great Lakes Home Health Care Services Warren County: 716-664-5092
Great Lakes Home Health Care Services McKean and Elk Counties: 814-362-8141
Seneca Home Health: 814-723-1155
Cole Care: 814-274-7250
A Mother's Boutique: 724-934-8795 (Wexford, PA) will mail rental pump judy@mothersboutique.com
**Some rental stations also carry pumps for purchase.*

Breast Pumps Retail
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Breast pump customer service numbers and websites:

Medela:	800-435-8316	www.medela.us
Ameda:	866-992-6332	www.ameda.com
Hygeia:	888-786-7466)	www.hygeiababy.com
Limerick:	877-546-3742	www.limerickinc.com
Avent:	800-542-8368	www.avent.com
Bailey:	800-413-3216	www.baileymed.com

WASHINGTON
(Includes Greene)

Lactation Consultants (hospital)
The Washington Hospital: 724-250-4476 Linda Kelley, RN, IBCLC
Breastfeeding classes and out-patient lactation consults (fee for service) available

WIC Lactation Consultants/Breast Pumps (for WIC participants only)
Lactation Consultant: Rosa Snyder-Boyd, IBCLC: 877-814-0788 ext 441
WIC Peer Counselors: 877-814-0788 ext 449
Debbie (Certified Lactation Counselor, CLC), Cheryl or Kathy

Breastfeeding Groups

La Leche League website: LaLecheLeagueofPeters.wordpress.com
e-mail: lllofwashco@gmail.com
Cannonsburg-Cecil Cindy: 724-746-2188 Jackie: 412-398-5505 Janet: 412-854-4814
Peters Township Kate: 724-941-2370 Madeline: 724-941-2248 Heidi: 724-916-4817
Parents night out with the baby The Washington Hospital, Linda Kelley 724-250-4476

Breastfeeding Help Lines:
PA WIC Breastfeeding Warm Line: 1-855-427-5666 Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
Pennsylvania Healthy Baby Line: 800-986-BABY (2229)
National Women's Health Information Center: 800-994-9662 www.womenshealth.gov/breastfeeding

Southwestern Pennsylvania Breastfeeding Coalition Michelle Kasmer IBCLC 724-244-9135
Judy Gutowski IBCLC 724-832-2507 Alexis Heinbaugh 724-850-1642
Cindy Garrison, ibclc 724-746-2188

Electric Breast Pump Rentals* (general public)
Magee Womens Hospital 412-641-1121 (Pittsburgh)
A Mother's Boutique: 724-934-8795 (Wexford, PA) will mail rental pump judy@mothersboutique.com
**Some rental stations also carry pumps for purchase.*

Breast Pumps Retail
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Breast pump customer service numbers and websites:

Medela:	800-435-8316	www.medela.us
Ameda:	866-992-6332	www.ameda.com
Hygeia:	888-786-7466)	www.hygeiababy.com
Limerick:	877-546-3742	www.limerickinc.com
Avent:	800-542-8368	www.avent.com
Bailey:	800-413-3216	www.baileymed.com

WAYNE

Lactation Consultants (hospital)
*Wayne Memorial Hospital: 570-253-3005 Cathy Ostrander, IBCLC, Mary Lou Eimers, RN, LC
**Breastfeeding classes available*
Some hospitals also provide out-patient lactation consults, generally fee for service.

WIC Breastfeeding Support/Breast Pumps
Sandy Kalish, CLC, WIC Breastfeeding Coordinator: 800-367-6347 skalish@mfhs.org
Jillian Meyer, CLC: 610-432-3455
Circle of Care Hawley WIC Center: 570-390-5000

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666 Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women's Health Information Center: 800-994-9662 www.womenshealth.gov/breastfeeding

Pike/Wayne County Breastfeeding Coalition decker@wmh.org

Electric Breast Pump Rentals* (general public)
Wayne Health Services: 570-253-6770 (Honesdale)
Northeast Medical Equipment: 570-253-7700
A Mother's Boutique: 724-934-8795 (Wexford, PA) will mail rental pump judy@mothersboutique.com
**Some rental stations also carry pumps for purchase.*

Breast Pumps Retail
The baby section of local department stores and pharmacies may carry various brands of pumps. Choose wisely! Pump brands vary in quality and effectiveness. Call a local breastfeeding specialist for more information. NOTE: The Food and Drug Administration (FDA) considers breast pumps single use devices, with the exception of FDA cleared, hospital-grade pumps, and recommends that pumps should only be used by one woman, because there is no way to guarantee the pump can be cleaned and disinfected between uses by different women.

Breast pump customer service numbers and websites:

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Ameda:	866-992-6332	www.ameda.com
Hygeia:	888-786-7466)	www.hygeiababy.com
Limerick:	877-546-3742	www.limerickinc.com
Avent:	800-542-8368	www.avent.com
Bailey:	800-413-3216	www.baileymed.com

WESTMORELAND

Lactation Consultants (hospital)
Excela Westmoreland Hospital: 724-832-4166 Ann Kremer, RN, IBCLC, Cindy Morris, RN, IBCLC
Tracey Downs, RN, IBCLC
Some hospitals provide out-patient lactation consults, generally fee for service.

Lactation Consultants with office practice
Latrobe Prenatal Clinic: 724-537-1597 - Roseann Rudy, RN, IBCLC
Judy Gutowski, IBCLC, Mt. View Pediatrics: 724-832-0850
A Mt. View Pediatrics physician must be the infant's health care provider.
Pediatric Associates of Westmoreland 724-832-7045 Amy Dillon and Jessica VanDeven.

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Michelle Kasmer, IBCLC: 724-244-9135 mkasmer@sphs.org
1100 Ligonier Street, Suite 301, Latrobe, PA 15650

La Leche League
Alexis: 724-850-1642 (Greensburg)
Linn Hodder, IBCLC: 724-836-0846 (Greensburg)
Dawn: 724-238-5796 (Ligonier)
Justine: 724-863-3952 (Irwin)
Mary Lou: 724-864-4543

Breastfeeding Classes
Excela Health, Call Center: 877-771-1234
Calendar of classes at www.excelahealth.org Call or look online for schedule and to register
Free Classes offered: Breastfeeding Success, Childbirth & Beyond (includes Breastfeeding Success)
Valley Women's Health: 724-258-2229, then press 25
Held at MVH Healthplex, Willow Pointe Plaza, Rostraver Township, PA
Classes held Mondays, near end of month

Southwestern Pennsylvania Breastfeeding Coalition: Judy Gutowski, IBCLC: 724-832-2507
Michelle Kasmer, IBCLC: 724-244-9135 Alexis Heimbach: 724-850-1642

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666 Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women's Health Information Center: 800-994-9662 www.womenshealth.gov/breastfeeding

Electric Breast Pump Rentals* (general public)
MedCare Equipment Company: 800-503-5554, 443 w. Pittsburgh Street, Greensburg, PA 15601
Mommy Gear: 888-624-4327, 724-238-9633 107 St. Clair Street, Ligonier, PA 15658
www.mommygear.com
A Mother's Boutique: 724-934-8795 (Wexford, PA) will mail rental pump judy@mothersboutique.com
**Some rental stations also carry pumps for purchase.*

Breast Pumps Retail
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Hygeia: 888-786-7466) www.hygeiababy.com
Limerick: 877-546-3742 www.limerickinc.com
Avent: 800-542-8368 www.avent.com
Bailey: 800-413-3216 www.baileymed.com

WYOMING

Lactation Consultants/Nurses (in-hospital)
Wilkes-Barre General Hospital: Marie Mazzarella, RN, IBCLC 570-552-3418
*Moses-Taylor Hospital: 570-340-3011 - Debra Derby, RN, IBCLC, Kathy McCormick, RN, IBCLC, Corinne Staples, RN, IBCLC
*Geisinger Wyoming Valley Medical Center: 570-808-5534 Jill Martin, RN, IBCLC
**Also provide breastfeeding classes*
Some hospitals provide out-patient lactation consults, generally fee for service.

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Sandy Kalish, CLC, WIC Breastfeeding Coordinator : 800-367-6347
Jillian Meyer, CLC : 610-432-3455
WIC Breastfeeding Peer Counselor- Tunkhannock WIC Center : 570-836-6622 ext 222

La Leche League
Victoria: 570-836-3013
Joan: 570-836-6783

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PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women's Health Information Center: 800-994-9662 www.womenshealth.gov/breastfeeding

Wyoming County Breastfeeding Coalition angel@mfhs.org

Electric Breast Pump Rentals* (general public)
Moses Taylor Hospital: 570-770-5518 (Scranton)
Babies R Us: 570-822-7854 (Wilkes-Barre)
Wilkes-Barre General Hospital: Loris Grifts 570-552-1241
Special Woman Boutique: 570-288-6688 (Kingston)
Advanced Pharmacy Services: 570-208-0277 (Plains)
A Mother's Boutique: 724-934-8795 (Wexford, PA) will mail rental pump judy@mothersboutique.com
**Some rental stations also carry pumps for purchase.*

Breast Pumps for Purchase
The baby section of local department stores and pharmacies may carry various brands of pumps. Choose wisely! Pump brands vary in quality and effectiveness. Call a local breastfeeding specialist for more information. NOTE: The Food and Drug Administration (FDA) considers breast pumps single use devices, with the exception of FDA cleared, hospital-grade pumps, and recommends that pumps should only be used by one woman, because there is no way to guarantee the pump can be cleaned and disinfected between uses by different women.

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Ameda:	866-992-6332	www.ameda.com
Hygeia:	888-786-7466)	www.hygeiababy.com
Limerick:	877-546-3742	www.limerickinc.com
Avent:	800-542-8368	www.avent.com
Bailey:	800-413-3216	www.baileymed.com

YORK

Lactation Consultants/Nurses (hospital)

**York Hospital: 717-851-2953
Luann Smith, RN, IBCLC lsmith6@wellspan.org Michele Chronister, RN, IBCLC mchronister5@wellspan.org
Amy Miller RN, IBCLC amille06@wellspan.org Wendy McDowell RN,IBCLC wmcdowell@wellspan.org
Stacie Ebersold, RN, IBCLC Robyn Noll, RN, IBCLC
Patricia Keister, RN, IBCLC, CIMI, CKC, ANLC, NICU 717-851-4490 pkeister@wellspan.org
Out-patient lactation consultations 717-851-2953
Provide breastfeeding classes – fee charged. Contact Wellspan Parent Education office at 717-851-2241 or register online at www.wellspan.org/parenteducation
Hanover General Hospital: 717-633-2262 Sherry Miller, RN, IBCLC
**Memorial Hospital of York: 717-849-5650 Vicki Coen, RN, IBCLC
***Some hospitals provide out-patient lactation consults, generally fee for service.*

Lactation Consultations after hospital discharge

Debbie Busch, DNP, CPNP, CLC, 717-632-8944 Hanover Pediatric Assoc. 217 Broadway
Peg Merrill, IBCLC 410-343-0023 410-409-5676 (cell) pegmerr@gmail.com
(Home visits in the Shrewsbury/Stewartstown area) www.nurturingnaturallylc.net
White Rose OB-GYN & Associates, York, PA 17403 717-845-9639 www.whiteroseobgyn.com
Wendy Shore, RN, IBCLC Wendy@WhiteRoseObGyn.com
York Hospital out-patient lactation consultations 717-851-2953
WIC 717-843-7942 (for WIC participants only) home and office visits

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)

Kim Campbell, IBCLC: 717-843-7942 ext. 115 KCampbell2@yorkcpc.org
Lisa Lathrop, IBCLC: 717-843-7942 ext. 119 LLathrop@yorkcpc.org

York County Breastfeeding Mothers' Group

Ruthann Lanosz-Harriss, CLC harrissRMLH@aol.com

Breastfeeding Help Lines

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PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women's Health Information Center: 800-994-9662 www.womenshealth.gov/breastfeeding

Susquehanna Valley Breastfeeding Coalition Wendy Shore LRCexpress@yahoo.com

South Central Pennsylvania Lactation Consultant Association: Nurture Genny Whitehaus
717-533-7308 genwh3@verizon.net For education and networking of lactation consultants

Electric Breast Pump Rentals* (general public)

York Hospital: 717-851-2953 (and other lactation supplies)
Hanover Apothecary: 717-637-3711
White Rose OB-GYN & Associates, York, PA 17403 717-845-9639 www.whiteroseobgyn.com
A Mother's Boutique: 724-934-8795 (Wexford, PA) will mail rental pump judy@mothersboutique.com
**Some rental stations also carry pumps for purchase.*

Breast Pumps Retail

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Ameda: 866-992-6332 www.ameda.com
Hygeia: 888-786-7466) www.hygeiababy.com
Limerick: 877-546-3742 www.limerickinc.com
Avent: 800-542-8368 www.avent.com
Bailey: 800-413-3216 www.baileymed.com

WEBSITES AND REFERENCES

Clinical protocols:

Academy of Breastfeeding Medicine www.bfmed.org

24 Protocols from the Academy of Breastfeeding Medicine (ABM) www.bfmed.org

1. Hypoglycemia
2. Going Home/Discharge
3. Supplementation
4. Mastitis
5. Peripartum BF Management
6. Cosleeping and Breastfeeding
7. Model Hospital Policy
8. Human Milk Storage
9. Galactogogues
10. Breastfeeding the Late Pre-term Infant
11. Neonatal Ankyloglossia
12. NICU Graduate Going Home
13. Contraception and Breastfeeding
14. The Breastfeeding-Friendly Physicians' Office Part 1: Optimizing Care for Infants and Children
15. Analgesia and Anesthesia for the Breastfeeding Mother
16. Breastfeeding the Hypotonic Infant
17. Guidelines for Breastfeeding Infants with Cleft Lip, Cleft Palate, or Cleft Lip and Palate
18. Use of Antidepressants in Nursing Mothers
19. Breastfeeding Promotion in the Prenatal Setting
20. Engorgement
21. Breastfeeding and the Drug-Dependant Woman
22. Jaundice
23. Non-Pharmacologic Management of Procedure-Related Pain in the Breastfeeding Infant
24. Allergic Proctocolitis in the Exclusively Breastfed Infant

Medications while breastfeeding:

- Infant Risk Center 806-352-2519 9 am to 6 pm EST http://www.InfantRisk.org
  Breastfeeding pharmacology (Thomas Hale, R.Ph. Ph.D.)

- Hale, T. W., R.Ph, Ph.D., *Medications and Mothers' Milk*. 14th ed. Amarillo, TX: Hale Publishing, 2010. (Excellent reference, updated frequently)

- Lactation Study Center/University of Rochester rlaw@neonate/pediatrics.rochester.edu 585-275-0088 For physicians only. Information on lactation or medications in lactation, usually answer questions immediately. Comprehensive breastfeeding database.

- LactMed: http://toxnet.nlm.nih.gov/cgi-bin/sis/htmlgen?LACT (free on-line drug database.)

- Palm and iPhone software for physicians http://massbfc.org

- Contrast Media and Lactation
  www.acr.org/SecondaryMainMenuCategories/quality_safety/contrast_manual/BreastFeedingMothers.aspx

Reference texts and clinical resources:

- AAP/ACOG physician handbook: American Academy of Pediatrics and American College of Obstetricians and Gynecologists, *Breastfeeding Handbook for Physicians*, 2006.

- Useful handbook for office staff: Mohrbacher Nancy, IBCLC. *Breastfeeding Answers Made Simple – A guide for helping mothers.* Hale Publishing, 2010.

- Comprehensive medical reference: Lawrence, Ruth, A., MD and Lawrence, Robert M, MD., *Breastfeeding: A Guide for the Medical Profession*. 7th ed. Maryland Heights, MO: ElsevierMosby, 2011

- Widely used parent guides: Newman, Jack, MD and Pitman, Teresa, *The Ultimate Breastfeeding Book of Answers*, New York: Random House, 2006.

- Spangler, Amy, *Breastfeeding – A Parent's Guide*, 2010 by Amy Spangler

- Wiessinger, Diane, West, Diana and Pitman, Teresa, *The Womanly Art of Breastfeeding*, Ballantine Books, 2010.

Billing for lactation services - AAP guide:

- www.aap.org/breastfeeding/files/pdf/CODING.pdf (provides guidance on billing codes and requirements)

On-line continuing education credits:

- CMEs: www.breastfeedingtraining.org/
- CEUs and CERPs: www.LERon-line.com/
- http://www.northeastern.edu/breastfeedingcme/

Tutorials/general information:

- www.aap.org/breastfeeding/curriculum/references_resources.html (AAP's Breastfeeding Residency curriculum)

- www.wellstart.org/Self-Study-Module.pdf (Lactation Management curriculum prepared by Audrey J. Naylor, MD, DrPH and Ruth A. Wester, BA, RN, PNP)

- www.breastfeedingonline.com (Articles by Jack Newman, MD, FRCPC)

- www.breastfeedingBasics.org/ (Breastfeeding tutorial without CE credits)

Breast pump customer service numbers and websites:

- Medela: 800-435-8316 www.medela.us
- Ameda: 866-992-6332 www.ameda.com
- Hygeia: 888-786-7466) www.hygeiababy.com
- Limerick: 877-546-3742 www.limerickinc.com
- Avent: 800-542-8368 www.avent.com
- Bailey: 800-413-3216 www.baileymed.com

Workplace breastfeeding support legislation:

- Patient Protection and Affordable Care Act**:** www.dol.gov/whd/regs/compliance/whdfs73.htm (Department of Labor fact sheet that explains the accommodations businesses are required by law to provide to breastfeeding employees.)

- Business Case for Breastfeeding Tool Kit: www.ask.hrsa.gov/detail_materials.cfm?ProdID=4135

Education materials:

Free downloads

- PA Department of Health: www.health.state.pa.us/breastfeeding (Handouts for parents addressing breastfeeding issue)
- US Department of Health and Human Services: www.womenshealth.gov
- Wisconsin Department of Health www.dhs.wisconsin.gov/health/Nutrition/Breastfeeding/bfpromosupp.htm
- Thomas Hale website: www.ibreastfeeding.com/free-pamphlets
- Academy of Breastfeeding Medicine www.bfmed.org (also offers free educational podcast on itunes)
- Centers for Disease Control and Prevention www.cdc.gov/breastfeeding (crib cards, AHRQ report)

- Growth Charts www.cdc.gov/growthcharts/who_charts.html
  www.who.int/childgrowth/standards/chart_catalogue/en/index.html
- Diaper Recording Logs (English and Spanish)
  www.cdph.ca.gov/programs/breastfeeding/Documents/MO-DiaperInfoEng.pdf
  www.cdph.ca.gov/programs/breastfeeding/Documents/MO-DiaperInfoSpan.pdf
- Speak-Up: What you need to know about breastfeeding from The Joint Commission
  http://www.jointcommission.org/speakup_breastfeeding/

- For purchase
  - www.noodlesoup.com
  - www.childbirthgraphics.com
  - www.healthed.cc
  - www.babygooroo.com
  - www.breastfeedingmaterials.com

- Books, AV materials, videos, brochures
  - Childbirth Graphics/WRS Group www.childbirthgraphics.com
  - Hale Publishing www.ibreastfeeding.com
  - LactNews Press www.breastfeedingmaterials.com
  - Low-cost videos in English and Spanish www.dshs.state.tx.us/wichd/bf/videos.shtm

- Materials in Other Languages

  - Philadelphia Department of Public Health
    www.phila.gov/health/MCFH/BreastfeedingPromotion.html

  - Lancaster General Women and Babies Hospital
    http://www.lancastergeneralhealth.org/LGH/Our-Services/WomensHealth/Maternity-Services/Maternity-Care/Care---Support/Breastfeeding-Education-Resource.aspx

  - Baby-Friendly UK www.babyfriendly.org.uk/parents/byb.asp
    (Arabic, Bengali, Chinese, Gujarti, French, Hindi, Mirpuri, Portuguese, Punjabi, Somali, Spanish, Tamil, Turkish, Urdu, Vietnamese)

  - Breastfeeding Taskforce of Greater Los Angeles (Spanish)
    www.breastfeedingtaskforla.org/resources/forparents/flyersbrochures.htm

  - Culture Clues http://depts.washington.edu/pfes/cultureclues.html

  - www. Ethnomed.org "Integrating cultural information into clinical practice."

  - Massachusetts Breastfeeding Coalition http://massbfc.org

General breastfeeding information for parents:

- www.breastfeedingmadesimple.com
  Lactation consultant and author of *Breastfeeding Made Simple*, Nancy Mohrbacher maintains this website full of helpful information on such as topics as nipple pain, depression, dealing with difficult birth, and common breastfeeding challenges. There are links to a five-minute video of latch (soundtrack in English and Spanish) and a video produced by UNICEF India showing a baby crawling to the breast.

- www.kellymom.com
  Evidence-based and user-friendly, this website is full of information from breastfeeding humor and little known facts to breastfeeding hand-outs in many languages and such “hot topics” as West Nile virus and breastfeeding. Page of links for Dads, too!
- www.breastfeeding.com
  This website packs in a variety of breastfeeding and parenting articles, funny stories from moms, and comics on the subject of breastfeeding. The site also contains the Breastfeeding Answer Center, a national directory of Lactation Consultants, and online shopping for breastfeeding and baby products.

- www.promom.org Promotion of Mother's Milk, Inc.
  Articles and fun facts about breastfeeding, including their "101 Reasons to Breastfeed." Included are the "3-Minute Activist," which gives readers prewritten letters to send to praise or criticize the media for its portrayals of breastfeeding, and the "Gallery," which includes fine art, photos and clip art.

- parenting.ivillage.com/
  While ivillage does have quite a few ads, it also offers virtual mother-to-mother support on their message boards and some excellent breastfeeding articles. The search feature will help you locate information.

- Finding a Lactation Consultant
  - www.ilca.org/i4a/pages/index.cfm?pageid=3337
    The website for the International Lactation Consultant Association has a **Find a Lactation Consultant** feature to help you find a Lactation Consultant near you.

- Breastfeeding Multiples
  - www.llli.org Use search feature to find articles about nursing twins and higher order multiples.

  - www.breastfeeding.com Use search feature to find articles about nursing twins and higher order multiples.

  - www.multiplebirthsfamilies.com/breastfeeding.html Canadian website for parents of multiples with some helpful tips for breastfeeding twins and triplets.

- Preterm babies
  - www.llli.org Use search feature to find articles about nursing and pumping for preterm babies.
  - www.ameda.com/files/pdfs/908808-407.pdf This link takes you to an article written by Lactation Consultant Nancy Mohrbacher called *Breastfeeding the Preterm Baby.* Note- Ameda is a breast pump manufacturer.

- Low milk supply
  - www.lowmilksupply.org Information as well as mother-to-mother support for women struggling with milk supply issues.

- Breastfeeding after Breast Reduction Surgery
  - www.bfar.org Information and support for mothers who wish to breastfeeding after breast or nipple surgery.

- Inducing Lactation

- www.asklenore.com A resource for those who are expanding their families by adoption, surrogacy or pregnancy, with lots of articles on breastfeeding your "intended, premature or adopted baby." "Lenore" is Lenore Goldfarb, B. Comm, B. Sc., Dip.C., IBCLC, who is a Lactation Educator, International Board Certified Lactation Consultant, and co-author of the Newman-Goldfarb protocols for Induced Lactation: The Guide for Maximizing Milk Supply (with Dr. Jack Newman, a renowned breastfeeding expert).

- Milk Banking
  - www.hmbana.org Human Milk Banking Association of North America Information about guidelines for storing breast milk and, more specifically, information about donating and requesting donor milk.

- Workplace Breastfeeding Information:
  - Break Time for Nursing Mothers under the Fair Labor Standards Act (FLSA) http://www.dol.gov/whd/regs/compliance/whdfs73.pdf
  - www.dol.gov/wecanhelp/howtofilecomplaint.htm How to file a complaint when an employer does not provide accommodations for nursing employees.
  - Workplace Flexibility 2010 www.workplaceflexibility2010.org
  - The Business Case for Breastfeeding http://ask.hrsa.gov/detail.cfm?PubID=MCH00250%recommended=1
  - www.workandpump.com Internet home for information about breastfeeding for working moms.
  - www.babiesatwork.org Offers "resources and assistance for the successful, sustainable implementation of business programs in which parents can bring their children to work and care for them while doing their jobs."
  - California Perinatal Quality Care Collaborative www.cpqcc.org/quality_improvement/qi_toolkits/nutritional_support_of_the_vlbw_infant_rev_december_2008

- Research Publications and Sites:
  - Breastfeeding and Maternal and Infant Health Outcomes in Developed Countries www.ahrq.gov/clinic/tp/brfouttp.htm
  - Childbirth Connection (formerly Maternity Center Association) www.childbirthconnection.org Free downloads, including the Milbank Report and the Listening to Mothers survey
  - The Cochrane Collaboration www.cochrane.org
  - Human Lactation Research Group, University of Western Australia www.kemh.health.wa.gov.au/development/research/breastfeeding.htm
  - PubMed (articles) www.pubmed.gov
  - S.O.F.T. A hospital practice to increase breastfeeding initiation. www.llu.edu/llumc/psn/soft.html
- Streaming Videos for Teaching

- Initiation of Breastfeeding and Skin to Skin http://breastcrawl.org/video.htm, http://mystfx.ca/InfantSkinToSkinContact/

- Video clips by Jack Newman, MD www.drjacknewman.com; Clips illustrate: reverse pressure softening, vasospasm, use of lactation aides, breast compression, tongue-tie release and latching

- Hand Expression of Human Milk http://newborns.stanford.edu/Breastfeeding/HandExpression.html; http://breastfeeding.narod.ru/expressanim.html

- Latch Trick www.drmomma.org/2010/08/breastfeeding-latch-trick.html

- www.breastfeedingmadesimple.com Animated latch video as well as newborn doing "breast crawl" from UNICEF India.

- http://newborns.stanford.edu/Breastfeeding/ A gift to the breastfeeding community from Stanford University Hospital. This site features pediatrician Jane Morton, MD. Videos online including Maximizing Milk Production (excellent for mothers of ICN babies!), ABCs of Breastfeeding, Hand Expression, a screening tool for 5-7 day-old babies called "Is Breastfeeding Going Well," and more. http://newborns.stanford.edu/Breastfeeding/HandExpression.html

- http://www.youtube.com/watch?v=m5RIcaK98Yg&feature=youtube_gdata_player C-birth with baby going skin-to-skin with mother at birth

- Teaching paced bottle-feeding http://www.youtube.com/watch?v=UH4T70OSzGs

- http://www.health.act.gov.au/health-services/canberra-hospital/our-services/division-of-women-youth-and-children/children-and-parenting/breastfeeding/breastfeeding-positioning-and-attachment-dvd Animation of latch

- Streaming Videos for Parents
  (in English, Chinese, French, Punjabi, Spanish, Urdu and Vietnamese)
  - http://www.peelregion.ca/health/family-health/breastfeeding/resources/video/index.htm#prettyPhoto

  http://www.health.act.gov.au/health-services/canberra-hospital/our-services/division-of-women-youth-and-children/children-and-parenting/breastfeeding/breastfeeding-dvd-for-young-parents excellent for encouraging young mothers to consider breastfeeding

- Postpartum Depression

  - Dr. Katherine-Kendall Tackett www.UppityScienceChick.com

  - Postpartum Depression Support Network 215 481 4104

- Premature Infants

  - 10 steps for breastfeeding premature infants www.med.umich.edu/nursing/holden/lactationpremie.htm
- **Pennsylvania Organizations**

- Pennsylvania Breastfeeding Awareness and Support Program www.health.state.pa.us/breastfeeding
- Pennsylvania Breastfeeding Coalition www.pabreastfeeding.org
- Pennsylvania Resource Organization for Lactation Consultants www.prolc.org
- Pennsylvania Mid-State Lactation Coalition www.PAMILC.lactation@gmail.com
- Western Pennsylvania Lactation Consultant Association http://wplca.net
- South Central Pennsylvania Lactation Consultant Assoc: Nurture Genny Whitehaus
- Healthy Baby Helpline 800-986-BABY (2229)
- Pennsylvania WIC (Women's, Infants and Children) Program www.pawic.com

- **National Organizations**
  - Baby-Friendly Hospital Initiative, USA www.babyfriendlyusa.org
  - Centers for Disease Control and Prevention www.cdc.gov/breastfeeding
  - U.S. Department of Health and Human Services www.womenshealth.gov/breastfeeding
  - Healthy People 2020 www.healthypeople.gov/HP2020
  - March of Dimes (information about preterm babies) www.marchofdimes.com
  - National Association of Pediatric Nurse Practitioners http://www.napnap.org/index.aspx
  - United States Breastfeeding Committee www.usbreastfeeding.org
  - WIC/Food & Nutrition Services www.nal.usda.gov/wicworks/Learning_Center/Breastfeeding_educational.html
  - National Breastfeeding Center www.nbfcenter.com

- **International Organizations**
  - UNICEF www.unicef.org
  - World Health Organization (WHO) www.who.int/topics/breastfeeding/en

- **Medical Organizations and Billing**
  - Academy of Breastfeeding Medicine (ABM) www.bfmed.org
  - American Academy of Pediatrics (AAP) www.aap.org/breastfeeding
  - Billing Codes: www.icd9coding1.com/flashcode/home.jsp

- **On-Line College Education in Lactation**

- Maternal-Child Health: Union Institute and University, Lactation Consulting, BS
  www.myunion.edu/academics/bachelor-of-science/maternal-child-health/index.html

- Lactation Consulting, MA www.myunion.edu/academics/master-of-arts/health.html

- Training in the use of the growth charts recommended for use by the AAP
  http://www.cdc.gov/nccdphp/dnpao/growthcharts/who/index.htm?s_cid=govD_dnpao_153
  Learning Objectives: At the conclusion of the training, you will be able to
  The WHO growth charts are available at
  http://www.cdc.gov/growthcharts/who_charts.htm
  Discuss recommendations for using the WHO growth charts.
  Describe attributes of a growth reference versus a growth standard.
  Describe the differences between WHO and CDC growth charts for infants and young children aged 0-2 years.
  Discuss the effect of infant feeding on growth.
  Identify issues to consider when interpreting WHO growth charts.

Breastfeeding organizations and advocacy groups

- www.Breastfeeding.com A wealth of information including videos about promoting, protecting and supporting breastfeeding
- Healthy Children www.healthychildren.cc
- International Lactation Consultant Association www.ilca.org
- United States Lactation Consultant Association www.uslca.org
- La Leche League International (LLLI) www.llli.org
- International Board of Lactation Consultant Examiners (IBCLE): www.iblce.org/
  - Provides information on how to become a board certified lactation consultant (IBCLC)
- World Alliance for Breastfeeding Action: www.waba.org.my/
- Bright Future Lactation Resource Center: www.bflrc.com/ (Lists many other links.)
- National Breastfeeding Center 855-777-6232 www.nbfcenter.com
  - For corporations: Assistance to implement an employee breastfeeding program
  - For physician offices: Information to support breastfeeding mothers in your practice

- Best for Babes www.bestforbabes.org
- Ban the Formula Marketing Bags www.banthebags.org
- National Alliance for Breastfeeding Advocacy www.naba-breastfeeding.org
- World Alliance for Breastfeeding Action www.waba.org.my

HUMAN MILK BANKS (sources of donor human milk)

CALIFORNIA
Mothers' Milk Bank
751 South Bascom Ave
San Jose, CA 95128
Phone (408) 998-4550
FAX (408) 297-9208
mothersmilkbank@hhs.co.santa-clara.ca.us

COLORADO
Mothers' Milk Bank at Presbyterian St. Luke's Medical Center
1719 E. 19th Ave
Denver, CO 80218
Phone (303) 869-1888
FAX (303) 869-2490
Laraine.Lockhart-Borman@healthonecares.com

INDIANA
Indiana Mothers' Milk Bank, Inc.
4755 Kingsway Drive, Suite 120
Indianapolis, IN 46205
Phone (317) 536-1670
Toll-free 1 (877) 829-7470
FAX (317) 536-1676
jorourke@immb.org

IOWA
Mother's Milk Bank of Iowa
Department of Food and Nutrition Services
University of Iowa Hospitals and Clinics
University of Iowa at Liberty Square
119 2nd Street, Suite 400
Coralville, IA 52241
Phone: (319)356-2652
FAX (319)384-9933
jean-drulis@uiowa.edu

MICHIGAN
Bronson Mothers' Milk Bank
601 John Street
Suite N1300
Kalamazoo, MI 49007
Phone (269) 341-8849
FAX (269) 341-8918
Duffc@bronsonhg.orrg

MISSOURI
Heart of America Mothers' Milk Bank
At Saint Luke's Hospital
4401 Wornail Rd.
Kansas City, MO 64111
Phone: (816)932-4888
kcmilkbank@saint-lukes.org

NEW ENGLAND
Mothers' Milk Bank of New England
225 Nevada Street Room 201
Newtonville, MA 02460
Phone: 617-527-6263
Fax: 617-527-1055
info@milkbankne.org

NORTH CAROLINA
WakeMed Mothers' Milk Bank and Lactation Center
3000 New Bern Ave
Raleigh, NC 27610
Phone (919) 350-8599
FAX (919) 350-8923
suevans@wakemed.orrg
MBradshaw@wakemed.org

OHIO
Mothers' Milk Bank of Ohio
Grant Medical Center at Victorian Village Health Center
1087 Dennison Avenue
Columbus, OH 43201
Phone (614) 544-0810
Phone (408) 998-4550
FAX (408) 297-9208
gmorrow@ohiohealth.com

OKLAHOMA
Oklahoma Mother's Milk Bank Inc.
901 N Lincoln Blvd. Suite #330
Oklahoma City, OK 73104
www.okmilkbank.org
405-297-LOVE

OREGON
Northwest Mothers Milk Bank (developing)
417 SW 117th Avenue
Portland, OR 97232
info@nwmmb.org

TEXAS
Mothers' Milk Bank at Austin
2911 Medical Arts St. Suite 12
Austin, TX 78705
Phone (512) 494-0800
Toll-free 1 (877) 813-MILK (6455)
FAX (512) 494-0880
info@milkbank.orrg

Mothers' Milk Bank of North Texas
1300 W. Lancaster Suite 108
Ft. Worth, TX 76102
Phone (817) 810-0071
Toll-free 1 (866) 810-0071 FAX (817) 810-0087
info@TexasMilkBank.org