

# **District of Columbia Breastfeeding Resource Guide**



**A Publication of the DC Breastfeeding Coalition**

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## Table of Contents

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Mission Statement	4
DC Child's Right to Nurse Law	5
Policy Statements on Breastfeeding	6
Steps to Support Breastfeeding	7
Tips for Health Care Providers	8
Benefits of Breastfeeding for Baby	9
Benefits of Breastfeeding for Mother	11
Breastfeed—You Can Do It! 10 Steps	12
How to Better Understand Your Baby	14
Latching	15
Breastfeeding Holds	16
How to Find Breastfeeding Support	17
Breastfeeding Resources in Washington, DC	19
Women, Infants, and Children (WIC)	26
Mothers, When Choosing What to Feed Your Baby	27
Calling all Dads!	28
What's Health Insurance Got to Do With It?	29
Breast Pumps and Health Insurance	30
Choosing a Breast Pump	31
Back to School/Work Timetable	32
Tips for Successful Pumping	34
Storing & Handling of Human Milk	35
How to Keep Your Breast Pump Kit Clean	37
Becoming a Breastfeeding-Friendly Employer	40
Breastfeeding-Friendly Workplaces	41
Breastfeeding-Friendly Healthcare Providers	45
Baby Friendly Hospitals and Birthing Centers	46



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## Mission Statement

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

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## Coalition Objectives

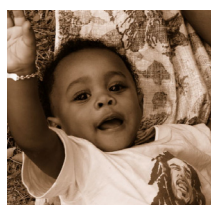
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- To increase the number of mothers who breastfeed in the early postpartum period, and promote continued breastfeeding for at least 1 year or beyond
- To promote the US Surgeon General's Healthy People 2020 breastfeeding goals
- To increase the number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

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

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## DC Child Right to Nurse Law

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

The law means employers **MUST** provide:

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

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



## Policy Statements on Breastfeeding

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

### American Academy of Family Physicians

[www.aafp.org/online/en/home/policy/policies/b/breastfeedingpositionpaper.html](http://www.aafp.org/online/en/home/policy/policies/b/breastfeedingpositionpaper.html)

### American Academy of Pediatrics

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

### American College of Nurse-Midwives

<http://goo.gl/krTLEj>

### American College of Obstetricians and Gynecologists

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

### Academy of Nutrition and Dietetics

<https://www.eatrightpro.org/-/media/eatrightpro-files/practice/position-and-practice-papers/position-papers/promotingbreastfeeding.pdf?la=en&hash=B4FF790A1B6E695F1E6BA78600DF6E2D8B3C716>

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

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

### National Association of Pediatric Nurse Practitioners

<http://goo.gl/C2prpk>

### World Health Organization

<http://www.who.int/topics/breastfeeding/en/>

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

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



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## Steps to Support Breastfeeding for Healthcare Professionals

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



## Tips for Healthcare Providers

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

**Here's how:**

- Educate the health plan about the benefits of breastfeeding and how it will save health care costs for both the baby and the mother.
- Remind the health plan that the Affordable Care Act requires coverage of breastfeeding services and equipment without a copay to families.
- Remind the health plan that the American Academy of Pediatrics passed a resolution recommending that 3rd party payers provide lactation services as a cost effective measure.
- Work with families to submit claims several times, each time with more detailed explanations. This works—so keep trying!
- Ask the breastfeeding service provider for a detailed bill with the insurance code numbers. Attach the doctor's prescription to the insurance form.
- If the baby has a health problem (is premature, allergic to formula, etc.), payment for breastfeeding services should be submitted on the baby's health insurance claim. If the mom has a health problem, payment should be applied for on the mom's claim.

### **DC Healthy Families (Medicaid)**

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

**Coding:**

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





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## Benefits of Breastfeeding for Baby

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### **BABIES WHO BREASTFEED ...**

#### ***Are healthier babies -***

##### **Breastfed babies have:**

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

#### ***Premature babies have all of the above benefits plus -***

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

#### ***Are healthier children -***

##### **Breastfed babies have:**

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



**BABIES WHO BREASTFEED ...*****Are healthier adults -*****Breastfed babies have:**

Lower risk of getting breast cancer

Lower risk of inflammatory bowel diseases

Lower risk of developing diabetes

And are less likely to be obese

***Are smarter and more well-adjusted -***

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



## **Benefits of Breastfeeding for Mothers**

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### **MOTHERS WHO BREASTFEED**

#### ***Have healthier bodies-***

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

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

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

Lower risk of breast cancer and ovarian cancer.

#### ***Have healthier minds-***

Less postpartum depression

Less anxiety and stress

More stable moods

A closer bond with their babies

#### ***Save money-***

Breastfeeding saves approximately \$1,300 a year

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

#### ***Have more time-***

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

#### ***Get their bodies back in shape sooner-***

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



## **Breastfeed: you can do it!**

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### **1. START EARLY –**

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

### **2. GET COMFORTABLE –**

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

\*see page 16 for more information on breastfeeding positions\*

### **3. NURSE OFTEN –**

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

### **4. CHECK THE LATCH –**

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

\*see page 15 for more information on latching\*

### **5. NURSE ON DEMAND –**

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

\*see page 14 for more information on better understanding if your baby is hungry\*



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## Breastfeed: you can do it!

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**6. OFFER BOTH BREASTS –**

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

**7. CARE FOR YOUR BREASTS –**

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

**8. HOLD OFF ON BOTTLES OR PACIFIERS –**

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



**9. CALL FOR HELP –**

Ask your partner, family, and friends for help with household tasks. See pages 19-27 for a list of community resources.

**10. RELAX –**

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



# How to Better Understand Your Baby

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

Reasons baby cry:

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

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

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

Eyes are open and face is relaxed

Try to reach toward us

Lift their faces and smile

They are saying, "I need a break!"

Turn head or whole body away from us

Stiffen their bodies and fuss a little

Yawn, rub their eyes, or give other tired signs

They are saying, "I'm hungry!"

Bring hands to mouth

Sucking on things

Tight fists over tummy

Awake and alert

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Adapted with permission from: [http://www.nal.usda.gov/wicworks/Sharing\\_Center/CA/SelfLearningModules/UnderstandingBabyEng.pdf](http://www.nal.usda.gov/wicworks/Sharing_Center/CA/SelfLearningModules/UnderstandingBabyEng.pdf)

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## Latching

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

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

### Signs of a Good Latch

The latch feels comfortable to you

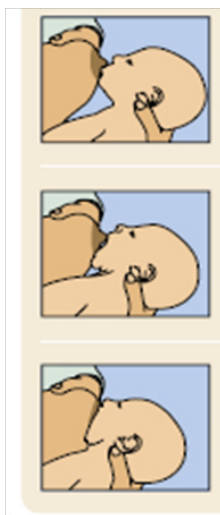
Baby's head and body are turned towards your chest without baby needing to turn his or her head

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

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

Baby's mouth is open wide with lips turned outwards

Baby's chin touches your breast



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

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

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

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Adapted with permission from the Office on Women's Health, U.S. Department of Health and Human Services, [www.womenshealth.gov](http://www.womenshealth.gov)

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## Breastfeeding Holds

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

### Cross Cradle Hold



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

### Football Hold



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

### Side-Lying



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

### Cradle Hold



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

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Adapted with permission from the Office on Women's Health, U.S. Department of Health and Human Services, [www.womenshealth.gov](http://www.womenshealth.gov)

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## How to Find Breastfeeding Support

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

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



### **Breastfeeding Classes:**

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

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

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

### **Breastfeeding Specialists:**

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

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



## Breastfeeding Support

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### Before Your Baby is Born

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

### After Your Baby is Born:

Before you leave the birthing facility, schedule your baby a doctor's appointment and be sure you have information on breastfeeding help for when you are at home. Ask about:

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

### Breastfeeding Support Groups:

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

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

### Breastfeeding Books:

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

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See Breastfeeding Resources on pages 19-25 for phone numbers for classes and specialists.

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## Breastfeeding Resources

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### Area Lactation Consultants

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

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Business Name: Babies n Business  
 Specializing in services for the working mother  
 Location: Bethesda, MD  
 Phone: 301-656-2526  
 Email: jrbalkam@aol.com  
 Website: www.worksitelactation.com  
 Sliding scale: No

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#### Ann Faust, IBCLC, LLLL

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

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#### Ania Gold, IBCLC

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Services: Home visits; provide extensive lactation consults in the form of home visits, as well as phone, email and Skype follow up.  
 Location: Montgomery County, MD and DC Metro Area  
 Phone: 240-620-5134  
 Email: agoldibclc@gmail.com

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#### Tamika Harris, CBS

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Services: Private lactation counseling (home, office, or electronic) and breastfeeding education  
 Location: District of Columbia, Maryland and Northern Virginia  
 Phone: 443-889-3947  
 Email: tamika.harris@breastfeedingusa.org

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#### Susan Howard, RN, IBCLC

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Business Name: Arlington Lactation, LLC  
 Services: In-home breastfeeding support to families in the Arlington area. Special interest in tongue ties, the medically complex mother-baby dyad, and working-pumping mothers.  
 Location: Arlington, VA  
 Phone: 703-651-6466  
 Email: susan@ArlingtonLactation.com

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**Kimberly Knight, RN, BSN, IBCLC, RLC**

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Services: Private breastfeeding classes, Medela pump sales and rentals, specializes in premature babies and workplace lactation

Location: Severna Park, MD

Phone: 410-533-5343

Email: [knightsgang@verizon.com](mailto:knightsgang@verizon.com)

Sliding scale: May apply

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**Kathleen Logan, RN, CPNP, IBCLC**

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Services: In-home lactation consultations

Location: Arlington, Alexandria, and NW DC

Phone: 703-869-6222

Email: [kathlogan@gmail.com](mailto:kathlogan@gmail.com)

Sliding scale: Reduced rates may apply

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**Kathy McCue, RN, MS, FNP, IBCLC**

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Business name: Metropolitan Breastfeeding

Services: Consulting services in your home or one of my offices

Location: Bethesda, Rockville and Silver Spring

Phone: 301-943-9293

Email: [metropolitanbreastfeeding@gmail.com](mailto:metropolitanbreastfeeding@gmail.com)

Website: [www.metropolitanbreastfeeding.com](http://www.metropolitanbreastfeeding.com)

Sliding scale: Yes

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**Lola Ogungbade, MS, IBCLC**

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Services: Home visits

Location: Prince Georges County, Montgomery County, and DC

Phone 240-464-3767

Email: [Lola@MyLactationConsultant.org](mailto:Lola@MyLactationConsultant.org)

Sliding Scale: May apply

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**Alexandra Walker, MA, IBCLC**

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Services: Able to address basic breastfeeding needs, management and issues (latching, weight loss/gain, pumping). Home visits also available.

Location: DC Metro Area

Phone: 301-646-5747

Email: [alex@bcclactation.com](mailto:alex@bcclactation.com)

Website: [www.bcclactation.com](http://www.bcclactation.com)

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

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

Location: DC, MD, and Northern VA

Phone: 202-642-9662

Sliding scale: Yes

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## Lactation Centers

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### Breastfeeding Center for Greater Washington

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

Address: 1020 19th St NW, Suite 150, Washington, DC 20036

Phone: 202-293-5182

Website: [www.breastfeedingcenter.org](http://www.breastfeedingcenter.org)

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### Children's National East of the River Lactation Support Center

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Services: Prenatal breastfeeding classes, breastfeeding and back-to-work consultations, mom-to-mom support groups. Services are FREE.

Address: 2101 Martin Luther King, Jr Ave SE, Washington, DC 20020

Phone: 202-476-6941

Email: [lactationsupport@childrensnational.org](mailto:lactationsupport@childrensnational.org)

Website: [www.childrensnational.org/choose-childrens/deciding-on-care/support-for-families/lactation-services](http://www.childrensnational.org/choose-childrens/deciding-on-care/support-for-families/lactation-services)

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### Georgetown University Hospital Lactation Center

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Services: Office visits, prenatal breastfeeding classes, support group, sale and rental of breastfeeding equipment/pumps. Discounted rate for patients with financial need.

Address: 3800 Reservoir Rd NW, Washington DC 20007

Phone: 202-444-6455

Email: [parentingservices@gunet.georgetown.edu](mailto:parentingservices@gunet.georgetown.edu)

Website: [www.medstargeorgetown.org/our-services/womens-health/treatments/parenting-and-lactation-services/](http://www.medstargeorgetown.org/our-services/womens-health/treatments/parenting-and-lactation-services/)

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### INOVA Fair Oaks Breastfeeding Center

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Address: 3600 Joseph Siewick Drive, Fairfax, VA 22033

Phone: 703-391-3908

Website: [www.inova.org/healthcare-services/womens-health/locations/inova-fair-oaks-hospital/childbirth-services/breastfeeding-center.jsp](http://www.inova.org/healthcare-services/womens-health/locations/inova-fair-oaks-hospital/childbirth-services/breastfeeding-center.jsp)

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### Lactation Center at INOVA Alexandria Hospital

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Address: 4320 Seminary Rd, Alexandria, VA 22304

Phone: 703-504-7867

Website: <https://www.inova.org/healthcare-services/womens-health/locations/inova-alexandria-hospital/childbirth-services/index.jsp>

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### National Breastfeeding Support Center

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

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

Phone: 202-865-1316

E-mail: [GWest@huhosp.org](mailto:GWest@huhosp.org)

Website: [www.huhealthcare.com/healthcare/hospital/departments/pediatrics/support-groups](http://www.huhealthcare.com/healthcare/hospital/departments/pediatrics/support-groups)

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## **Shady Grove/Adventist HealthCare Outpatient Lactation Services**

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Services: Lactation consultation; Breastfeeding Education, Support & Togetherness (BEST) support group

Address: 9901 Medical Center Drive, Rockville, MD

Phone: 240-826-6667

Website: [www.shadygrovebaby.com](http://www.shadygrovebaby.com)

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## **Mother-To-Mother Support Groups**

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### **Breastfeeding USA**

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The mission of Breastfeeding USA is to provide FREE evidence-based breastfeeding information and support, and to promote breastfeeding as the biological and cultural norm.

Please contact your local chapter or visit [www.breastfeedingusa.org/](http://www.breastfeedingusa.org/) for more information.

**Northern Virginia:** [www.facebook.com/breastfeedingusaNOVA/](https://www.facebook.com/breastfeedingusaNOVA/)

**Montgomery County, Maryland:** [www.facebook.com/](https://www.facebook.com/BreastfeedingUsaMontgomeryCountyMDChapter/)

[BreastfeedingUsaMontgomeryCountyMDChapter/](https://www.facebook.com/BreastfeedingUsaMontgomeryCountyMDChapter/)

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### **La Leche League of DC**

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**877-452-5324**

**877-4-LaLeche**

Provides FREE phone support and monthly support meetings.  
[www.lllofmd-de-dc.org](http://www.lllofmd-de-dc.org)

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### **Mom's Got Milk Club – East of the River Lactation Lactation Support Center**

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**202-476-6941**

Every 2nd Thursday of the month at 1:30 PM, 2101 Martin Luther King Jr Ave SE, Washington, DC 20020



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## Community Resources

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### Community of Hope Family Health and Birth Center

**202-398-5520**

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

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### DC WIC

**800-345-1WIC**

**202-442-9397**

FREE breastfeeding counselors in many locations throughout the city. Mothers returning to school or work or with medical needs may receive breast pumps. Call to see if you meet the income guidelines. Please ask about sites that offer foreign language services.

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### Healthy Babies Project

**202-396-2809**

Provides FREE parenting education for teen clients and home visits for all clients enrolled in the program.  
[www.healthybabiesproject.org](http://www.healthybabiesproject.org)

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### Pacify

**[pacify.com](http://pacify.com)**

On-demand lactation support available on a smartphone app. FREE for WIC eligible moms. Available for purchase to the general public.



## Birthing Facility Breastfeeding Services

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

Community of Hope Family Health and Birth Center	202-398-5520
George Washington University Hospital	202-715-4248
MedStar Georgetown University Hospital	202-444-6455
Howard University Hospital	202-865-3505
Sibley Memorial Hospital	202-243-2321
MedStar Washington Hospital Center	202-877-2838

## Breast Pump Rentals and Breastfeeding Supplies

<b>Ameda</b>	<b>1-866-99AMEDA</b>
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www.ameda.com	1-866-992-6332
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<b>Medela, Inc.’s Breastfeeding National Network</b>	<b>1-800-TELLYOU</b>
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www.medelabreastfeedingus.com	1-800-835 - 5968
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<b>National Women’s Health Information</b>	<b>1-800-994-9662</b>
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www.womenshealth.gov/breastfeeding
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## Special Resources and Training

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### Lactation Education Resources

**703-868-1849**

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

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### BLESS Initiative

**202-865-3505**

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Breastfeeding Lactation Education Support Services (BLESS)  
Howard University Hospital



## Women, Infants, and Children (WIC)

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### Beautiful Beginnings Club

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

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

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

Call your local clinic or the WIC State Agency for more information at 202-442-9397.



# Mothers, When Choosing What to Feed Your Baby

Please be aware of the following:

- Formula is an **inferior** substitute for breast milk.
- **Unlike breast milk - formula cannot** help protect your baby against colds, ear infections, diarrhea, and pneumonia.
- **Unlike breast milk - formula cannot** help protect your baby against Type 1 Diabetes, Type 2 Diabetes, and Childhood leukemia.
- **Unlike breastfeeding – formula cannot** help protect your baby against Sudden Infant Death Syndrome (**SIDS**).
- **Unlike breast milk, formula does not contain** everything that supports brain function. **Breastfed infants have higher IQ's** than formula fed infants.
- **Breastfeeding helps you lose weight** – you can burn 1,000 calories a day if you exclusively breastfeed your baby.
- **Breastfeeding helps protect you** against Type 2 Diabetes, ovarian cancer and breast cancer.
- It costs about **\$1,300.00 per year to formula feed**. If you get formula from WIC, remember, it is a supplement. It will run out before the month does. WIC supplies more food for mothers to eat when they breastfeed.

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

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

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

Breastfeeding Coordinator,

D. C. Chapter of the American Academy of Pediatrics

Revised 3/6/08



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## Calling all Dads!

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Did you know that breastmilk...

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

And that breastfeeding can...

- Save you \$1,300 a year because it's FREE?
- Give your baby a head start in life and make your baby smarter?
- Let you have more time to rest instead of making bottles in the middle of the night?
- Provide health benefits for the mother too?

So, what can you do?

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



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# What's HEALTH INSURANCE Got to Do With It?

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

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

Call 202-671-5000 to find out how you can get health insurance for you and your baby. They will tell you about DC Healthy Families (AmeriHealth DC, Amerigroup DC, and Trusted Health Plan) and the DC HealthCare Alliance. The Affordable Care Act (ACA) requires insurance companies to cover comprehensive breastfeeding support and counseling by a trained provider during pregnancy and/or in the postpartum period without cost sharing (i.e., no copay).

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

Services include:

**#1.** Lactation consultation, education, and support provided by a physician, a nurse practitioner, a nurse mid-wife or a certified lactation consultant.

## **Here are some tips.**

- Ask about what breastfeeding services your health plan covers - before you choose a health plan.
- Call your health plan's Member Services to find out what they pay for.
- Ask your doctor if they have a breastfeeding specialist in their office.  
If not, you can ask for a referral.
- Call the resources listed in this guide if you need help.



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## Breast Pumps and Health Insurance

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

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

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

#### Ask questions:

- Call Member Services and ask about the rules for getting a breast pump.
- Ask your doctor to write a prescription for a breast pump
- Since August 1, 2012, the Affordable Health Care Act requires non-grandfathered private health insurance plans to cover the cost of renting breastfeeding equipment without cost sharing (i.e., no copay).

#### Health plans may pay for a breast pump if:

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

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

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

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

Also, exclusively breastfeeding WIC clients returning to work or school or with medical need may be able to receive free electric pumps through WIC.



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## Choosing a Breast Pump

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**There are many types of breast pumps. For best results, consult with a breastfeeding specialist who will help you choose the best pump to fit your needs.**

**Before choosing a pump, remember:**

- Normally, a breast pump is not needed to make enough milk for your baby.
- Feeding baby at the breast is usually the easiest and best way to make enough milk.
- If not used correctly, breast pumps may decrease milk supply.
- Do not use pumps that were used by other people as these may cause infection or have broken or missing parts.
- Read manufacturer instructions to learn how to use and care for your breast pump.
- If you have breast pain, bleeding, or other unusual symptoms while using a breast pump, STOP using it and talk to a lactation specialist working with a medical professional if necessary.

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## Different Breast Pump Types and Uses

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### Hand Expression

The best pump can be the one attached to your arm! Getting breast milk out by using only your hand can be effective, easy, and helpful in emergencies. Some mothers actually prefer hand expression. For instructions on how to hand express, see the video link: <https://med.stanford.edu/newborns/professional-education/breastfeeding/hand-expressing-milk.html>

- To relieve breasts that are too full for baby to latch-on and suckle
- When mother and baby can't be together for short periods of time
- In a medical emergency if other types of pumps are not available

### Manual/Hand Pumps

- To relieve breasts that are too full for baby to latch-on and suckle
- To extend flat or inverted nipples so baby can latch-on
- When mother and baby can't be together for short periods of time
- In a medical emergency if other types of pumps are not available



## Personal Use Electric Pumps

- Mother is away from her baby for 4 hours or more a day due to work or school
- Mother and baby are having feeding difficulties and are in the care of a lactation specialist
- Mother needs to build milk supply
- Mother needs to rebuild her milk supply after it has decreased

## Hospital Grade Pumps

- Mothers experiencing long term separations due to prematurity, hospitalization, or for other reasons
- Severe breastfeeding problems or medical need, requiring the help of a lactation specialist working with a medical professional

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Morton, Jane. “Hand Expression of Breastmilk.” Hand Expressing Milk | Newborn Nursery | Stanford Medicine, Stanford University Hospital | [www.med.stanford.edu/newborns/professional-education/breastfeeding/hand-expressing-milk.html](http://www.med.stanford.edu/newborns/professional-education/breastfeeding/hand-expressing-milk.html).

## Back to School/Work Timetable

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

### 10 - 14 days before:

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





- Think about clothes for school/work that will make pumping easy, such as loose-fitting tops.

### **7 - 10 days before:**

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

### **Night before:**

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

### **First morning:**

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

### **Every morning:**

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

### **When you come home:**

- Sit down and relax with your baby!!

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

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## Tips for Successful Pumping

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



## Storing & Handling of Human Milk

### For Your Healthy, Full-Term Baby

Location of Storage	Temp (° F)	Optimal Storage Duration	Comments
Room Temperature	60-85	4 hours	<ul style="list-style-type: none"> <li>• 6-8 hours acceptable under very clean conditions</li> <li>• Best to chill or refrigerate as soon as possible if not planning to use</li> </ul>
Cooler with Ice Packs	59	12 hours	<ul style="list-style-type: none"> <li>• Limited evidence available</li> </ul>
Refrigerator	~39.2	4 days	<ul style="list-style-type: none"> <li>• 5-8 days acceptable under very clean conditions</li> </ul>
Freezer	<24.8	6 months	<ul style="list-style-type: none"> <li>• 12 months acceptable</li> <li>• Store in back of freezer to prevent intermittent rewarming due to freezer door opening</li> <li>• Keep away from walls of self-defrosting freezers</li> <li>• Container should be well sealed to prevent contamination</li> </ul>

Information adapted from ABM Clinical Protocol #8: Human Milk Storage Information for Home Use for Full-Term Infants, Revised 2017

- Never add freshly pumped/warm milk to milk that has already been cooled or frozen. Wait until it has been cooled to mix it with other cooled milk.
- If your child prefers warm/body temperature milk, it is best to do this over 20 minutes in lukewarm water.
- Do not leave previously frozen milk that has been thawed for 24 hours out at room temperature for more than 2 hours.
- No recommendations can be made on refreezing thawed milk at this time, so it is best to avoid this.



## Thawing Frozen Human Milk

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In general, it is best to use the oldest frozen milk first unless your doctor/lactation professional tells you to do otherwise.

There are 3 ways to thaw frozen milk:

- Place milk storage bag/bottle in refrigerator until milk becomes liquid (Note: this way causes less fat to be lost during the thawing process).
- Place milk storage bag/bottle under cool running faucet water.
- Place milk storage bag/bottle in a container of warm water.

**Separation of the milk components is normal during thawing.**

**Once milk is thawed fully, gently swirl the container to mix.**

**DO NOT SHAKE.**

**\*\*\*NEVER MICROWAVE HUMAN MILK\*\*\***



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## How to Keep Your Breast Pump Kit Clean

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Keeping your pump and pump parts clean is critical because germs can grow quickly in breast milk or breast milk residue. Following these steps can help prevent contamination and protect your baby from infection. If your baby was born prematurely or has other health concerns, your baby's health care provider may have more recommendations for pumping breast milk safely.

### BEFORE EVERY USE

- **Wash hands** with soap and water.
- **Inspect and assemble** clean pump kit. If your tubing is moldy, discard and replace immediately.
- **Clean** pump dials, power switch, and countertop with disinfectant wipes, especially if using a shared pump.

### AFTER EVERY USE

- **Store milk safely.** Cap milk collection bottle or seal milk collection bag, label with date and time, and immediately place in a refrigerator, freezer, or cooler bag with ice packs.
- **Clean pumping area**, especially if using a shared pump. Clean the dials, power switch, and countertop with disinfectant wipes.
- **Take apart** breast pump tubing and separate all parts that come in contact with breast/breast milk.
- **Rinse pump parts** that come into contact with breast/breast milk by holding under running water to remove remaining milk. Do not place parts in sink to rinse.
- **Clean pump parts** that come into contact with breast/breast milk as soon as possible after pumping. You can clean your pump parts in a dishwasher or by hand in a wash basin used only for cleaning the pump kit and infant feeding items. Follow the cleaning steps given on the next page.



## CLEANING YOUR PUMP KIT BY HAND

- **Place pump parts in a clean wash basin** used only for infant feeding items.
- **Do not place pump parts directly in the sink!**
- **Add soap and hot water** to basin.
- **Scrub** items using a clean brush used only for infant feeding items.
- **Rinse** by holding items under running water, or by submerging in fresh water in a separate basin.
- **Air-dry thoroughly.** Place pump parts, wash basin, and bottle brush on a clean, unused dish towel or paper towel in an area protected from dirt and dust. Do not use a dish towel to rub or pat items dry!
- **Clean wash basin and bottle brush.** Rinse them well and allow them to air-dry after each use. Wash them by hand or in a dishwasher at least every few days.

## CLEANING YOUR PUMP KIT IN THE DISHWASHER (OPTIONAL)

- **Clean pump parts in a dishwasher**, if they are dishwasher-safe. Be sure to place small items into a closed-top basket or mesh laundry bag.
- **Add soap and, if possible, run the dishwasher using hot water and a heated drying cycle (or sanitizing setting).**
- **Remove from dishwasher with clean hands.** If items are not completely dry, place items on a clean, unused dish towel or paper towel to air-dry thoroughly before storing. Do not use a dish towel to rub or pat items dry.



## ***AFTER CLEANING***

### **FOR EXTRA PROTECTION, SANITIZE**

- **For extra germ removal, sanitize** pump parts, wash basin, and bottle brush **at least once daily** after they have been cleaned. Items can be sanitized using steam, boiling water, or a dishwasher with a sanitize setting. Sanitizing is especially important if your baby is less than 3 months old, was born prematurely, or has a weakened immune system due to illness or medical treatment.

### **STORAGE**

- **Safely store dry items safely until needed.** Ensure the clean pump parts, bottle brushes, and wash basins have air-dried thoroughly before storing. Items must be completely dry to help prevent germs and mold from growing. Store dry items in a clean, protected area.

**For detailed instructions,** visit [www.cdc.gov/healthywater/hygiene/healthychildcare/infantfeeding.html](http://www.cdc.gov/healthywater/hygiene/healthychildcare/infantfeeding.html)



## **Becoming a Breastfeeding-Friendly Employer**

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

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

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

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

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

**Support:** Develop “mother-friendly” workplace policies; improve attitudes towards breastfeeding by educating workers and management about the benefits of breastfeeding. Survey your employees to assess the need to establish a place to pump on your work site. To become a breastfeeding-friendly employer see: [www.womenshealth.gov/breastfeeding/employer-solutions/index.php?from=breastfeeding](http://www.womenshealth.gov/breastfeeding/employer-solutions/index.php?from=breastfeeding)







# Breastfeeding

## Friendly Workplace

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

### **Large Businesses (500+ Employees)**

#### **Gold**

AOL (2011)	Howard University Hospital (2015)
Baltimore City Health Department (2014)	Johns Hopkins Bayview Medical Center (2014)
Catholic Relief Services (2017)	Johns Hopkins East Baltimore Medical Campus (2010)
Children's Health Center -Northwest Clinics (2017)	Kaiser Permanente of the Mid-Atlantic States (2011)
Children's National Medical Center (2011)	Marriott International (2016)
Consumer Financial Protection Bureau (2016)	MedStar St. Mary's Hospital (2013)
Defense Information Systems Agency Wellness Center (2017)	MedStar Washington Hospital Center (2012)
Defense Intelligence Agency (2013)	NASA Goddard Space Flight Center (2012)
Dept. of State - Educational & Cultural Affairs/International Informational Programs (2014)	National Institutes of Health (2011)
Educare DC (2016)	National Public Radio (2013)
Fairfax County Government (2010)	National Security Agency (2012)
Georgetown University Hospital (2010)	Prince George's Hospital Center (2015)
George Washington University (2013)	Queen Anne's County Department of Health (2016)
Greater Baltimore Medical Center (2011)	Shady Grove Adventist Hospital (2012)
Holy Cross Hospital (2012)	Sodexo (2012)
Howard County General Hospital (2015)	U.S. Census Bureau (2013)
	U.S. Department of Agriculture (2012)



**Gold (Continued)**

U.S. Food and Drug Administration  
(2014, 2017)

U.S. Office of Personnel Management  
(2010)

U.S. Department of Transportation  
(2016)

USAID (2016)

Union Hospital of Cecil County (2014)

University of Maryland Baltimore (2010)

Upper Chesapeake Medical Center (2013)

Virginia Hospital Center (2015)

Walter Reed National Military Medical  
Center (2012)

**Silver**

- Anne Arundel County Health Department (2010)
- Anne Arundel County Medical Center (2010)
- Baltimore City Health Department (2011)
- Children's National Medical Center (2010)
- DC Department of Health (2012)
- George Washington University (2012)
- Hyatt Regency Chesapeake Bay Resort (2016)
- Kaiser Permanente of the Mid-Atlantic States (2010)
- Northwest Hospital (2011)
- Towson University (2017)
- Visit Baltimore (2017)
- Washington Adventist Hospital (2011))

**Bronze**

- Calvert Cliffs Nuclear Power Plant (2014)

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

- American College of Obstetricians & Gynecologists (2014)
- BCS, Inc. (2013)
- Children's Health Center - Anacostia (2016)
- Choptank Transport (2016)
- Community Clinic, Inc. (2011)
- Frederick County Bank (2016)



- Holy Cross Hospital Germantown (2015)
- Howard County Health Department (2010)
- James G Davis Construction (2017)
- Mt. Airy Children's Dental Associates (2017)
- Naval Health Clinic Patuxent River (2013)
- PANDORA Jewellery (2016)
- Proteus Technologies (2016)
- United Medical Center (2015)
- United Therapeutics (2014)
- University of Maryland School of Medicine Department of Anesthesiology (2017)

### **Silver**

- Bolton Partners Inc. (2017)
- Central Special School (2012)
- Chizuk Amuno Congregation and Schools (2017)
- Edmund Burke School (2017)
- Frederick County Department of Social Services (2016)
- Garrett County Health Department (2017)
- Housing Opportunities Commission of Montgomery County (2014)

### **Bronze**

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

## **Small Businesses (Up to 50 Employees)**

### **Gold**

- 3 Sigma Software (2015)
- Association of Maternal & Child Health Program (2017)
- Children First Pediatrics (2016)
- Evolution Oral Surgery (2016)
- iHire, LLC (2016)
- KAI Research, Inc.(2017)
- The Literacy Lab (2017)
- MD Dept. of Health and Mental Hygiene (2015)
- Maryland WIC Training Center (2015)



- Mosaic Power (2014)
- Soft and Cozy Baby (2013)
- Sumit Bhutani, MD, LLC (2017)
- Trustify (2017)

### **Silver**

- Association of Schools and Programs of Public Health (2017)
- AFI Silver Theatre (2012)
- Bush Advanced Veterinary Imaging (2016)
- Cornrows & Company (2014)
- Kivvit (2017)
- Strathmore (2012)
- Ultimate Image Spa (2015)

### **Special Commendations**

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

- Baltimore City Health Department (2014)
- Shady Grove Adventist Hospital (2013)
- University of Maryland Baltimore (2013, 2017)
- U.S. Department of Agriculture (2013)
- Walter Reed National Military Medical Center (2013)





## **Large Health Care Providers (30+ Employees)**

### **Gold**

- Annapolis Pediatrics (2016)
- Children's Health Center -Northwest Clinics (2017)
- Children's Health Center at Children's National (2014)
- Community of Hope Family Health and Birth Center (2014)

## **Medium Health Care Providers (15-30 Employees)**

### **Gold**

- Children's Health Center - Anacostia (2016)
- Greenspring Pediatrics Associates (2014)
- Midwives of MedStar (2014)

## **Small Health Care Providers (Up to 15 Employees)**

### **Gold**

- Children First Pediatrics (2016)
- Evolution Oral Surgery (2016)
- Hirsch Pediatrics (2016)
- Johns Hopkins Bayview Medical Center OB/GYN (2017)
- Laura Lieberman, MD, PA and Melissa Levine, MD (2017)



# Baby-Friendly Hospitals and Birthing Centers

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

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

The following DC hospitals have been designated as Baby-Friendly:

MedStar Georgetown University Hospital  
MedStar Washington Hospital Center

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

Community of Hope at Family Health and Birth Center  
Howard University Hospital





## Birthing Hands

Midwifery and Birth Services  
Your Journey through Birth; Handled with Care  
Claudia Booker, CPM

### Claudia Booker, CPM, LM, LDEM CD (DONA) (ICTC), CCCE, LLLI BPC

- ▶ Certified Professional Midwife (CPM) Home Birth Midwife serving the Washington DC, Maryland and Northern Virginia areas
- ▶ IUI In-Home Services
- ▶ Doula Services
- ▶ Placenta Encapsulation
- ▶ Customized Herbal Sitz Bath
- ▶ Cultural and Life-Style Sensitivity

Contact Claudia Booker at 202-236-1764  
[birthinghandsdc@gmail.com](mailto:birthinghandsdc@gmail.com)



# Howard University Hospital

## B.L.E.S.S. INITATIVE

*Breastfeeding, Lactation, Education and Support Services*



### National Breastfeeding Support Center

Have Breastfeeding questions or concerns?

*Call for appointments 8:30am – 4:30pm*

### Beautiful Beginnings Club

Monthly baby feeding support meetings.

### ChildBirth Education Classes

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

#### BLESS Team

**Michal Young, MD, FAAP**  
Medical Director of Lactation Services  
**202-865-1316**

**Davene M. White, RN, NNP, MPH**  
Director Public Health Programs  
**202-865-7012**

**Gwendolyn West, IBCLC, TLC**  
Lactation Consultant  
**202-865-3505**

Breast feeding Peer Counselors

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

**Call 202-865-3505**

for locations, appointments, and schedules  
Howard University Hospital  
2041 Georgia Avenue, NW



Welcome

欢迎

Bienvenida

Bienvenue

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## Lactation Education Resources

Breastfeeding support training  
from novice to expert.

On-line learning, start when  
convenient, work at your pace.

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





**East of the River**  
Childrens National Lactation Support Center

### Services offered

- Prenatal Breastfeeding Education Classes
- Community Lactation Support
- Mom's Got Milk Club
- Back-to-Work Breastfeeding Consults

### Hours

Monday - Friday  
8:00 am - 4:30 pm

**Call 202-476-6941 for more information**

or email [LactationSupport@cnmc.org](mailto:LactationSupport@cnmc.org)  
2101 MLK, Jr Ave, Washington, DC 20020

*This institution is an equal opportunity provider.*



In partnership with **DC BREASTFEEDING COALITION**



*WombFruit*

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

**GWENDOLYN R. WEST CCE, IBCLC, RLC**

Lactation Consultant • Perinatal Educator

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***Birth Education • Labor Assistance • Lactation Consultation***  
***Therapeutic Imagery & Relaxation • Newborn Care / CPR Instruction***  
***• Institutional Training***





*the* BREASTFEEDING  
CENTER *for greater washington*

202-293-5182

[breastfeedingcenter.org](http://breastfeedingcenter.org)

## Private Consultations

with Board Certified Lactation Consultants  
insurance accepted!

## Group Classes

childbirth - breastfeeding - pumping - massage  
return to work - babywearing - nutrition

## Breastfeeding Boutique

pump rentals - bra fittings - spare pump parts  
baby carriers - shower gifts - supplements

## Donor Breastmilk

HMBANA milk available for pick up.  
Donors needed!



## Advertisement Request Form

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

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

Over 40,000 FREE copies of our guide have been provided to families and practitioners in Washington, DC.

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

Please contact [resourceguide@dcbfc.org](mailto:resourceguide@dcbfc.org) for more information.

### Make check payable to:

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

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

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

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

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

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

Business Card

Half Page

Full Page





PO Box 29214, Washington, DC 20017

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

Phone: 202-470-2732

Email: [info@dcbfc.org](mailto:info@dcbfc.org)