

# **District of Columbia Breastfeeding Resource Guide**



**A Publication of the DC Breastfeeding Coalition**

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## MISSION STATEMENT

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

## COALITION OBJECTIVES

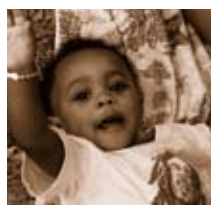
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- To increase the number of mothers who breastfeed in the early postpartum period, and promote continued breastfeeding for at least 1 year or beyond
- To promote the US Surgeon General's Healthy People 2020 breastfeeding goals
- To increase the number 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 “Complaint Filing.” Complaints can be made in person or online. All forms needed to file a complaint can be downloaded from OHR’s website. Please let the DC Breastfeeding Coalition know about any breastfeeding-related complaints filed with OHR at [info@dcbfc.org](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:

### **The 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)

### **The American Academy of Pediatrics**

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

### **The American College of Nurse-Midwives**

<http://www.midwife.org/ACNM/files/ACNMLibraryData/UPLOADFILENAME/000000000248/Breastfeeding%20statement%20May%202011.pdf>

### **The American College of Obstetricians and Gynecologists**

<http://www.acog.org/~media/Departments/Health%20Care%20for%20Underserved%20Women/breastfeedingStatement.pdf?dmc=1&ts=20120418T1420355968>

### **The American Dietetics Association**

[www.eatright.org/WorkArea/DownloadAsset.aspx?id=8425](http://www.eatright.org/WorkArea/DownloadAsset.aspx?id=8425)

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

[www.awhonn.org/awhonn/content.do?name=02\\_PracticeResources%2F2C1\\_Breastfeeding.htm](http://www.awhonn.org/awhonn/content.do?name=02_PracticeResources%2F2C1_Breastfeeding.htm)

### **The National Association of Pediatric Nurses Practitioners**

[download.journals.elsevierhealth.com/pdfs/journals/0891-5245/PIIS0891524506007322.pdf](http://download.journals.elsevierhealth.com/pdfs/journals/0891-5245/PIIS0891524506007322.pdf)

### **The World Health Organization**

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

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

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



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## STEPS TO SUPPORT BREASTFEEDING FOR HEALTH CARE PROFESSIONALS

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



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

### **DC Government Rules**

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

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

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

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





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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.



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## **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 \$1,500-\$2,000 a year

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

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

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

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

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



## **BREASTFEED: YOU CAN DO IT!**

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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. Taking the blanket off, changing the diaper or stroking the soles of the feet are good ways to wake a baby.

### **4. CHECK THE LATCH –**

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

\*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. 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 page 20 for a list of community resources.

**10. RELAX –**

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



## HOW TO BETTER UNDERSTAND YOUR BABY

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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:

Dirty diaper	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/](http://www.nal.usda.gov/wicworks/Sharing_Center/CA/SelfLearningModules/SecretsBabyBehaviorEng.pdf)  
[Sharing\\_Center/CA/SelfLearningModules/SecretsBabyBehaviorEng.pdf](http://www.nal.usda.gov/wicworks/Sharing_Center/CA/SelfLearningModules/SecretsBabyBehaviorEng.pdf)[http://](http://www.nal.usda.gov/wicworks/Sharing_Center/CA/SelfLearningModules/SecretsBabyBehaviorEng.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, pull 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.

### Cradle Hold



Good for mothers who are experienced with breastfeeding. Your baby's body should be facing 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 hospital, in a clinic, or in an instructor's home. These classes teach:

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

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

### **BREASTFEEDING SPECIALISTS:**

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

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



## **BREASTFEEDING SUPPORT**

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### **BEFORE YOUR BABY IS BORN**

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

### **AFTER YOUR BABY IS BORN:**

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

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

### **BREASTFEEDING SUPPORT GROUPS:**

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

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

### **BREASTFEEDING BOOKS:**

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

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See Breastfeeding Resources on pages 19-28 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, LLC

Services: Specializing in support for breastfeeding women in the workplace.

Location: Bethesda, MD

Phone: 301-656-2526

E-mail: [jbalkam@aol.com](mailto:jbalkam@aol.com)

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

Sliding scale: No

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#### Joanne Eddy, IBCLC & Julie Oberholzer, IBCLC

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Business Name: Holistic Mothering

Services: Breastfeeding support, prenatal classes, and childbirth classes. Reiki as well.

Phone: 703-854-1900

E-mail: [info@holisticmotheringgroup.com](mailto:info@holisticmotheringgroup.com)

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

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

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Business Name: Baby and Me Lactation Services

Services: Home visits, adoptive and induced lactation help, tongue tie, milk supply issues, some hospital visits; also sees clients in their office

Location: Columbia, MD (sees patients in Howard Co and some areas of Montgomery and Baltimore Counties)

Address: 9551 Wandering Way Suite B Columbia, MD 21045

Phone: 240-893-3808

E-mail: [annfaust@babyandmelc.com](mailto:annfaust@babyandmelc.com)

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

Sliding Scale: Yes + free services to some WIC clients. Please check our website for further discounts.

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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 Co, MD and DC Metro Area

Phone: 240.620.5134

Email: [aniagold@aol.com](mailto:aniagold@aol.com)

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**Susan Howard, RN, IBCLC**

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Services: Breastfeeding support groups. Support for working breastfeeding moms. Home visits.

Location: Arlington, VA

Phone: 703-651-6466

Email: susan8howard@gmail.com

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

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Services: Include private consults (office or home).

Location: Severna Park, MD

Phone: 410-533-5343

E-mail: knightsgang@verizon.net

Website: breastfeedingworks.com

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

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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

E-mail: kathlogan@gmail.com

Sliding scale: reduced rates may apply

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**Nancy Mallin, IBCLC**

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Services: Provides in home breastfeeding support.

Locations: Montgomery County and DC

Phone: 301.897.3533

Email: nancymallin@rocketmail.com

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**Roberta Margot, RN, BSN, IBCLC, RLC**

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(See Shady Grove/Adventist HealthCare)

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

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Business name: Bethesda Breastfeeding, LLC

Services: Consulting and pump rental and purchases.

Location: Bethesda, Rockville and Silver Spring

Phone: 301-943-9293

E-mail: BethesdaBreastfeeding@gmail.com

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

Sliding scale: Yes

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**Lola Ogbonlowo, MS, IBCLC**


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Services: Home visits.

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

Phone: 240-464-3767

E-mail: [Lola@MyLactationConsultant.org](mailto:Lola@MyLactationConsultant.org)

Sliding Scale: May apply

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**Colleen Prorok, RN, MSN, IBCLC**


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Services: Home and office visits and worksite lactation programs.

Location: Montgomery and Howard County, MD

Phone: 703-946-8093

E-mail: [cmprorok@aol.com](mailto:cmprorok@aol.com)

Sliding scale: No

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**Patricia Ried, PhD, IBCLC**


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Business Name: Bethesda Birth & Baby, LLC

Services: Private practice lactation consultant and birth doula.

Location: Montgomery County, DC and surrounding areas

Phone: 240.899.1761

Email: [patricia@bethesdabirthandbaby.com](mailto:patricia@bethesdabirthandbaby.com)

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

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**Sandra Resnick, RN, MSN, IBCLC**


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(See Shady Grove/Adventist HealthCare)

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**Pat Shelly, RN, MA, IBCLC**


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(See The Breastfeeding Center for Greater Washington)

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**Elizabeth Taylor, MS, RD, IBCLC**


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Services: Home visits.

Location: Montgomery Co and DC

Phone: 301-460-5972

E-mail: [ElizabethT4111@verizon.net](mailto:ElizabethT4111@verizon.net)

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). Able to do home visits as well.

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**

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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

E-mail: [gwest@wombfruit.net](mailto:gwest@wombfruit.net)

Web: [www.wombfruit.net](http://www.wombfruit.net)

Sliding scale: Yes

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### **Margaret Wills, IBCLC, RLC**

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Services: Home lactation consultation visits

Location: Silver Spring, MD

Phone: 301-384-8649

Sliding scale: May apply

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## **LACTATION CENTERS**

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### **The Breastfeeding Center for Greater Washington**

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

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

Phone: 202-293-5182

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

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

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

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

Phone: 202-476-6941

Website: [www.ChildrensNational.org/LactationSupport](http://www.ChildrensNational.org/LactationSupport)

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### **The Georgetown University Hospital Lactation Center**

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Address: 3800 Reservoir Rd, NW Washington DC 20007

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

Phone: 202-444-6455

E-mail: [Parentingservices@gunet.georgetown.edu](mailto:Parentingservices@gunet.georgetown.edu)

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

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## Holy Cross Lactation Center

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Address: 9805 Dameron Drive #13 Silver Spring, MD

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

Phone: 301-754-7745

Website: [http://www.holycrosshealth.org/svc\\_maternity\\_lactation.htm](http://www.holycrosshealth.org/svc_maternity_lactation.htm)

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## INOVA Fair Oaks Breastfeeding Center

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Address: 3600 Joseph Siewick Drive Fairfax, VA 22033

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

Phone: 703-391-3908

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

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## The Lactation Center at INOVA Alexandria Hospital

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Address: 4320 Seminary Rd Alexandria, VA 22304

Services: Individual consultations, rental and sale of breastfeeding equipment/pumps; Latch clinic twice weekly \$45/session. Lactation appointments available Monday-Saturday 10-2pm.

Phone: 703-504-7867

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

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## National Breastfeeding Support Center

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

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

Phone: 202-865-1316

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

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

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## Shady Grove/Adventist HealthCare Outpatient Lactation Services

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Address: 1801 Research Blvd Suite 300 Rockville MD

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

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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<b>African-American Breastfeeding Alliance</b>	<b>(410)-818-0038</b>
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Services are FREE. Gives support and encouragement for African American breastfeeding women. Breastfeeding peer counselors are available.

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<b>La Leche League of DC</b>	<b>877-452-5324</b>
	<b>877-4-LaLeche</b>

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

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## COMMUNITY RESOURCES

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	<b>(800)-345-1WIC</b>
<b>D.C. WIC</b>	<b>202-442-9397</b>

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

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<b>Community of Hope Family Health and Birth Center</b>	<b>202-398-5520</b>
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Provides OB/GYN care (including group prenatal care), with the option for moms to deliver in a hospital or birthing center; primary care; and pediatric care. Breastfeeding Peer Counselors are available to all women receiving pediatric care at the Birth Center for up to a year post-partum.  
[bfpc@yourfhbc.org](mailto:bfpc@yourfhbc.org)

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<b>Healthy Babies Project</b>	<b>202-396-2809</b>
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Provides FREE childbirth education, parenting education, home visits, and free breast pumps for moms <21 years old in their first or second trimester, who complete the childbirth class series. [www.healthybabiesproject.org](http://www.healthybabiesproject.org)

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## HOSPITAL BREASTFEEDING SERVICES

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

George Washington University Hospital	(202) 715-5069
Georgetown University Hospital	(202) 444-6455
Howard University Hospital	(202) 865-1316
Providence Hospital	(202) 269-7355
Sibley Memorial Hospital	(202) 243-2321
Washington Hospital Center	(202) 877-2838

## BREAST PUMP RENTALS AND BREASTFEEDING SUPPLIES

<b>Ameda Egnell</b>	<b>866-99AMEDA</b>
www.ameda.com	866-992-6992
<b>Medela, Inc.’s Breastfeeding National Network</b>	<b>800-TELLYOU</b>
www.medelabreastfeedingus.com	800-835 - 5968



## SPECIAL RESOURCES AND TRAINING

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**Lactation Educaiton Resources.****703-868-1849**

Specialists in lactation management! Providing training for professionals over 20 years. Online and onsite classes available. Lactation Consultant Training (45 and 90 hours), Baby Friendly Hospital Training (20 hours), Breastfeeding Resource Nurse (14 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**

Breastfeeding Lactation Education and Support Services (BLESS)  
Howard University Hospital

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**DC DOH Call Center****202-671-5000**

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

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**DC Breastfeeding Coalition****202-470-2732**

P.O. Box 29214 Washington, DC 20017  
Email: [info@dcbfc.org](mailto:info@dcbfc.org)  
Website: [www.dcbfc.org](http://www.dcbfc.org)

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**National Women's Health Information****800-994-9662**

[www.4women.gov/breastfeeding](http://www.4women.gov/breastfeeding)

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## FOREIGN LANGUAGE SERVICES

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

Interpretation services provided for Spanish-speaking families.



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# 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.



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## MOTHERS, WHEN CHOOSING WHAT TO FEED YOUR BABY

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**Please be aware of the following:**

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

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

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

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

Breastfeeding Coordinator,

D. C. Chapter of the American Academy of Pediatrics

Revised 3/6/08



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## 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 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 MICHAEL 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 in one to two weeks.
- Store milk in the amount your baby usually takes in a single feeding to avoid waste.
- Milk may be stored in glass or hard plastic baby bottles. Label bottle with date, time of collection & any unusual food or medicine taken. Do not store in polyethylene containing products.
- Milk should be placed in the coldest part of the refrigerator or freezer (in the rear/away from the door) when storing. See the chart on next page for how long you can store milk. Breast milk often separates on standing; just swirl gently to remix.
- Warm breast milk by putting the bottle in a bowl of warm water. Do NOT heat in boiling water or a microwave; this can burn your baby and may lessen the health benefits of the breast milk.
- Your baby may not want to take milk in a bottle. Using a newborn size, slow flow nipple, and having someone else offer the feeding may make it easier. Depending on the age of the baby, cup or spoon feeding may be more acceptable. BE PATIENT! **If you need help, please call one of the listings in the Resources section.**



## STORING & HANDLING OF HUMAN MILK

### For Your Healthy, Full-Term Baby

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

Human Milk Banking Association of North America, 2006

### To Thaw Frozen Human Milk

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

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

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





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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 \$1,500 - \$2,000 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 and the DC Health Care Alliance.

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

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

- Ask about what breastfeeding services your health plan covers—before you choose a health plan.
- Call your health plan's Member Services to find out what they pay for.
- Under DC Healthy Families, you must choose a health plan. Some of the plans have breastfeeding services, some don't.
- Ask your doctor if they have a breastfeeding specialist in their office. If not, you can ask for a referral.
- Call the resources listed in this guide if you need help.
- **Starting August 1, 2012** the Affordable Health Care Act requires non-grandfathered private health insurance plans to provide coverage for comprehensive breastfeeding support and counseling by a trained provider during pregnancy and/or in the postpartum period without cost sharing (i.e., no copay).



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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
- ***Starting August 1, 2012*** the Affordable Health Care Act requires non-grandfathered private health insurance plans to cover the cost of renting breastfeeding equipment without cost sharing (i.e., no copay).

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

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

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

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

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



## BECOMING A BREASTFEEDING-FRIENDLY EMPLOYER

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

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

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

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

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

**Support:** Develop “mother-friendly” workplace policies; improve attitudes towards breastfeeding by educating workers and management about the benefits of breastfeeding. Survey your employees to assess the need to establish a place to pump on your work site. To become a breastfeeding-friendly employer see: <http://www.womenshealth.gov/breastfeeding/government-in-action/business-case-for-breastfeeding/>



## BREASTFEEDING-FRIENDLY WORKPLACES

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)  
 Children's National Medical Center (2011)  
 Fairfax County Government (2010)  
 Georgetown University Hospital (2010)  
 Greater Baltimore Medical Center (2011)  
 Johns Hopkins East Baltimore Medical Campus (2010)  
 Kaiser Permanente of the Mid-Atlantic States (2011)  
 National Institutes of Health (2011)  
 U.S. Office of Personnel Management (2010)  
 University of Maryland Baltimore (2010)

#### Silver

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

### Medium Businesses (50-500 Employees)

#### Gold

Community Clinic, Inc. (2011)  
 Howard County Health Department (2010)



## **BABY-FRIENDLY HOSPITALS AND BIRTHING CENTERS**

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

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



**medela** 

# Helping mothers provide the best for their babies

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



To locate Medela products or a Breastfeeding Specialist in your area  
call 1-800-TELL YOU or visit us on the web at [www.medela.com](http://www.medela.com).





## Lactation Education Resources

### Specialists in Online Lactation Training

#### Baby Friendly Hospitals

**Is your facility aiming for  
Baby-Friendly Hospital Certification?**  
*Our program can train your staff  
on the "ten steps."*

*15 hours of didactic on-line training  
available 24/7/365.*

**Contact us for group rates.**

#### CERPs & Continuing Education

**Do you need Nursing Contact Hours  
or CERPs recertification?**

*We offer a wide variety of online  
classes to meet your needs.*

#### Lactation Consultant Training

**On-line lactation consultant courses  
45 and 90 hours.**

**Begin anytime. Work at your own pace.**

*We offer a number of online and  
in-person training programs.*

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

*Program Director Vergie Hughes RN MS IBCLC FILCA RLC  
(443) 607-8898 phone | (410) 648-2570 fax | [programdirector@lactationtraining.com](mailto:programdirector@lactationtraining.com)*







## Howard University Hospital

2041 Georgia Avenue, NW  
Washington, DC 20060  
202-865-3505

### National Breastfeeding Support Center

*The NBFSC is a Project of the HUH Departments of Pediatrics and Child Health, Maternal and Child Health and the HUH CARES WIC Family Centers.*

Located on 1<sup>st</sup> floor across from HUH WIC Family Center

Having Breastfeeding problems or concerns?

***Our Center is open for appointments  
Monday – Friday from 8:30am – 4:30pm***

Some of its Services include:



### B.L.E.S.S. INITIATIVE

***(Breastfeeding, Lactation, Education and Support Services)***

The BLESS Initiative services provide breastfeeding and lactation support for HUH inpatients and HUH faculty, staff and students.

### Childbirth Education Classes

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

Call **865-3505** for information and schedules.



#### The HUH TEAM:

**Michal Young, MD, FAAP**

Medical Director  
Lactation Services  
202-865-4541

**Davene White, RN, MPH**

Director, HUH CARES  
WIC Family Centers  
202-865-4942

**Gwendolyn West, CCE IBCLC**

NBFSC Coordinator

**Breastfed is...Best-fed!!!** 202-865-3505



Certified doula/midwife birth assistant serving the Washington DC,  
Maryland, and Northern Virginia areas (VA licensed)  
Breastfeeding support • Postpartum assistance  
Private childbirth classes • AquaDoula®Tub rental  
Cultural, language and life-style sensitive



## Claudia Booker, CPM BIRTHING HANDS of DC

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



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

Contact Claudia:  
DCBirthingHands@aol.com  
202- 236-1764

*Let Claudia be a guide on your journey  
to motherhood...handled with care.*



### East of the River Lactation Support Center

**The following services are offered:**

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

**Hours:**  
Monday - Friday  
8:30 a.m. - 5:00 p.m.

**Call 202-476-6941 for more information**  
[www.ChildrensNational.org/LactationSupport](http://www.ChildrensNational.org/LactationSupport)  
 2501 Good Hope Road • Washington, D.C. 20020  
 THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.





## 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 30,000 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)