



Breastfeeding Support Resource Sheet

UMass Memorial:

- **Support group:** Every Wednesday 3:00 – 4:00 PM Located in the West 4 Mother's Room. (no charge) Call 508-334-6455 to register.
- **Milk Line:** For questions, support and guidance related to breastfeeding issues. 508-334-6455
- **Breast pump sales and rentals:** Healthy Baby Essentials 508-793-6996

Additional Resources:

LaLeche League: Provides education, information and support to pregnant and breastfeeding mothers. Free meetings held in various locations. Call 508-987-1794 for more information.

www.lalecheleague.org

Nursing Mother's Council: Monthly meetings. Provides support & education to pregnant and breastfeeding mothers. For more information www.bace-nmc.org.

WIC: Provides free breastfeeding peer counselors, phone line and 1:1 counseling, breastfeeding classes and pumps for those that qualify. Call 508-796-7000 for more information.

Baby Café: Free breastfeeding support twice weekly drop in meetings. For more information call 508-860-7721

Milford Medical Center Breastfeeding Support Group: Free breastfeeding support 2 meetings a week. Call 508- 740-0796.

Health Alliance Hospital Mom's Support Group: Leominster free support group for new mothers. Wednesdays 10:30a-12:00p
Call 978-466-2354 option 2 or 978-466 2346.

Heywood Hospital Breastfeeding Support Group: Gardner free support group Wednesdays 10a. For more information call 978-630-6990.

St. Vincent Hospital Breastfeeding Support Group: free support group Saturday 10a-11a. For more information call 508-363-9405.

Also available:

- State Wide Lactation Consultants for Home Visits - www.zipmilk.org
- Lactation Consultants – New England Mother's First www.nemf1.com
- Mass Breastfeeding Coalition: www.massbreastfeeding.org
- General Breastfeeding Information: www.kellymom.com
- Low milk supply information: www.lowmilksupply.org
- Breastfeeding after breast surgery: www.bfar.org
- American Academy of Pediatrics: www.aap.org

We are here to support you and your baby's needs as you begin your parenting journey!

Breastfeeding videos

Learning to breastfeed can take time, patience and practice. You are in the hospital for such a short time and may leave with questions and wonder will I remember everything I was told in the hospital. We have given you written information and resources to refer to when you are home, but many times pictures and video are helpful as well.

Here is a brief list of some online videos that we think may be useful to you. You can watch them while you are in the hospital or after discharge home. The internet has content that is not always accurate or suitable for everyone. We have listed some videos that we feel are appropriate. These videos are international in nature.

Nancy Mohrbacher videos <https://www.youtube.com/user/NancyMohrbacher/videos>

Nancy, an IBCLC, has many short videos on positioning, latch and common breastfeeding concerns

Fit Pregnancy How to Breastfeeding : Deep latch technique

<https://www.youtube.com/watch?v=iYfoUmOjIYI>

Useful video on basic latch and positioning techniques

Global Health Media Project <http://globalhealthmedia.org/videos/breastfeeding/>

International view of newborn birth, latch, positioning and common concerns in the first days of breastfeeding

DIY Breastfeeding Latch: using a nipple shield

<https://www.youtube.com/user/DIYbreastfeeding/videos>

Lactation consultants with a series of videos on common breastfeeding concerns also lists their a web site

Breast Crawl – Initiation of Breastfeeding <http://www.breastcrawl.org/>

UNICEF video newborn moments after birth.

Raising Children Network Breastfeeding Australian based video series

http://raisingchildren.net.au/breastfeeding_videos/newborn_breastfeeding_videos.html

10 videos on various breastfeeding topics by a lactation consultant.