



YOU'RE NEVER ALONE: HELP IS ALWAYS A PHONE CALL OR CLICK AWAY

There are *many* resources for moms struggling with breastfeeding. You should never feel like you are alone or that you are the first mom to ever have issues feeding their baby. Below is a list of some of the help offered in Western Pennsylvania. Don't be afraid or embarrassed to call and ask questions! These groups exist for just that reason! Take advantage...

Breastfeeding Hotline for Allegheny County 412-687-ACHD (2243)

AGH Health Network Lactation Department 412-578-7030

AGH County WIC's Breastfeeding Promotion Program

If you have questions about breastfeeding or need help, please call the Healthy Start Breastfeeding Help Line at **412-687-2243**. The helpline is available Monday-Friday from 8:30 am to 4:30 pm. All calls are referred to a Certified Lactation Counselor who will respond the same day. Calls on weekends or after hours on weekdays will be returned on the next business day.

<https://www.lli.org/la-leche-league-w-pennsylvania/>

La Leche League is an international, nonprofit, nonsectarian organization dedicated to providing support, encouragement, information, and education to women who choose to breastfeed. All women interested in breastfeeding are welcome to attend the monthly Group Meetings or call a Leader for breastfeeding help.

<http://www.pabreastfeeding.org/parents/pennsylvania-resources/>

The Pennsylvania Breastfeeding Coalition is dedicated to bringing resources and information to all mothers on their breastfeeding journey.

<https://midwifecenter.org/pages/breastfeeding-support/>

The Midwife Center provides information and support for you to breastfeed your baby. Our nurses are well-trained to answer most routine breastfeeding questions and refer to our IBCLC-trained (International Board-Certified Lactation Consultant) staff as needed. An IBCLC-trained staff member makes phone calls to all first-time breastfeeding clients and those in need of additional support.



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<http://breastfeedingcenterofpittsburgh.com/>

Whether this is your first baby, or your fifth, we want to help you to meet your breastfeeding goals. Whatever they are — short-term, long-term, somewhere in between — we're here to give you the help you need to get started, and the support you need to succeed.

Visits to the **Breastfeeding Center of Pittsburgh** are comprehensive, without being overwhelming. Being a new mother can bring many challenges. Even if this isn't your first baby, you may have new questions or concerns. We've helped thousands of Moms and babies to breastfeed, and we're ready to help you too. Transitioning to life with baby, though very rewarding, can be difficult. It can be common to feel anxious at times, with parents wondering, "*Is this normal?*" Since physical and mental well-being are so important, our board-certified lactation consultants are skilled at listening to you and your concerns. Our pediatricians work with our lactation consultants to provide you with the best possible care.

<http://pittsburghdoulanetwork.com/lactation-consultants/>

Pittsburgh Doula Network has IBCLC (International Board Certified Lactation Consultants) available for private in-home visitation. She will sit with you for at least 90 minutes to offer education and guidance and, create a care plan if breastfeeding isn't going the way you envisioned. We are very pleased to be able to offer 2 lactation consultants that do home visits in Pittsburgh.

Lactation Consultants are also available as part of our Breastfeeding Bootcamp package, where they will spend an 8 hour day with you, supporting you at each breastfeeding session plus provide all the helpful duties of a Postpartum Doula.

Ngozi D. Tibbs, Lactation Consultant

<https://www.sankofalactationservices.com/>

<https://www.pghblackbreastfeedingcircle.org/>

Ngozi D. Tibbs, founder of Sankofa Lactation Services, is an International Board Certified Lactation Consultant (IBCLC) supporting newly postpartum mothers at Magee Women's Hospital of UPMC. She also provides lactation consultation in a woman's home as part of her private practice. But, she is most excited about her work with the Pittsburgh Black Breastfeeding Circle.

<https://www.healthystartpittsburgh.org/campaigns/breastfeeding/>

Healthy Start aims to increase access to breastfeeding education and support services to close this gap, and to improve general understanding and acceptance of breastfeeding. This helps to create more supportive family, public and work environments.



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<https://www.upmc.com/locations/hospitals/magee/services/lactation-center>

The Lactation Center at UPMC Magee-Womens Hospital is a leading lactation resource for women in Pittsburgh. The Center provides education and support to mothers before birth and throughout the breastfeeding journey. From [prenatal breastfeeding classes](#) to bedside consultations, the lactation consultants support a mother's decision to breastfeed with the latest, evidence-based information, given with a caring touch. The Lactation Center provides breastfeeding assistance to mothers while still in the hospital, telephone assistance for mothers with questions or concerns once home, and specially scheduled outpatient consultations. The Center's retail, phone and outpatient services are available to any mother, regardless if they delivered at Magee or another facility.

https://brownmamas.com/wp-content/uploads/2018/02/PA_Breastfeeding_Referral_Guide_1.pdf

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





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When All Else....

<https://midatlanticmilkbank.org/>

Our Mission: **Mid-Atlantic Mothers' Milk Bank** recognizes the importance of breast milk to optimize the health and well-being of all babies, especially medically vulnerable infants. When mothers' own milk is unavailable, Mid-Atlantic Mothers' Milk Bank provides donor human milk, which is collected and processed according to the guidelines set forth by the Human Milk Banking Association of North America.

Use of Human Donor Milk

U.S. Food and Drug Administration

10903 New Hampshire Avenue

Silver Spring, MD 20993

1-888-INFO-FDA (1-888-463-6332)

In some situations, instead of breastfeeding parents may look for alternative sources of human breast milk to feed their babies.

Consult a healthcare provider first

The choice to feed a baby human milk from a source other than the baby's mother should be made in consultation with the baby's healthcare provider, because the nutritional needs of each baby depend on many factors including the baby's age and health.

Consider the possible safety risks

If you are considering feeding a baby with human milk from a source other than the baby's mother, you should know that there are possible health and safety risks for the baby. Risks for the baby include exposure to infectious diseases, including HIV, to chemical contaminants, such as some illegal drugs, and to a limited number of prescription drugs that might be in the human milk, if the donor has not been adequately screened. In addition, if human milk is not handled and stored properly, it could, like any type of milk, become contaminated and unsafe to drink.

FDA recommends against feeding your baby breast milk acquired directly from individuals or through the Internet

When human milk is obtained directly from individuals or through the Internet, the donor is unlikely to have been adequately screened for infectious disease or contamination risk.



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In addition, it is not likely that the human milk has been collected, processed, tested or stored in a way that reduces possible safety risks to the baby.

FDA recommends that if, after consultation with a healthcare provider, you decide to feed a baby with human milk from a source other than the baby's mother, you should only use milk from a source that has screened its milk donors and taken other precautions to ensure the safety of its milk.

There are human milk banks that take voluntary steps to screen milk donors, and safely collect, process, handle, test, and store the milk. In a few states, there are required safety standards for such milk banks. FDA has not been involved in establishing these voluntary guidelines or state standards.

You can contact your state's department of health to find out if it has information on human milk banks in your area. Another source of information is the Human Milk Banking Association of North America (HMBANA), a voluntary professional association for human milk banks (<http://www.hmbana.org/>). HMBANA issues voluntary safety guidelines for member banks on screening donors, and collecting, processing, handling, testing and storing milk.

-Last Updated 3/22/18