



Breastfeeding Resources in Shelby County and Surrounding Areas

This list and more resources are available at: www.shelbycountbreastfeeding.org

With the new Affordable Care Act, lactation services and equipment are to be covered by insurance. Check with each insurance carrier to see how this benefit is being administered.

Please Note: All area birth hospitals provide outpatient visits for lactation help based on availability.

WIC - Women, Infants, and Children Supplemental Nutrition Program provides many benefits to breastfeeding mothers.

- Is the mother eligible for WIC? She should meet with the WIC nutritionist immediately after pregnancy is confirmed!
- All WIC nutritionists and dietitians are trained in breastfeeding support and many clinics have CLC's and Peer Counselors.
- Moms and babies can be seen for breastfeeding support anytime during clinic hours (see clinic hours and note Saturday hours*)

| WIC Locations, Clinic Hours, Phone, FAX and **Breastfeeding Classes** Or go to http://www.shelbycountyttn.gov/index.aspx?nid=595 "Find a Clinic" | | | |
|--|--|---|--|
| <p>Southland Mall Clinic 1287 Southland Mall, 38116 <i>Clinic Hours Mon.-Fri. 9am-5pm</i> <i>Sat. (2nd and 4th) 9am-1pm*</i> 901-222-9828 FAX 901-222-9856 **Fridays, 11:00am and 2:30pm** Shelby County Breastfeeding Coordinator</p> | <p>Cawthon Clinic 1000 Haynes, 38114 <i>Clinic Hours Mon.-Fri. 8am-4:30pm</i> 901-222-9866 FAX 901-222-9888 **Wednesdays, 2:00pm**</p> | <p>Galloway Clinic 477 N. Manassas, 38105 <i>Clinic Hours Mon.-Fri. 8am-4:30pm</i> 901-222-9790 FAX 901-222-9796 **2nd Thursday, 11:00am**</p> | <p>Guthrie Clinic 1064 Breedlove, 38107 <i>Clinic Hours Tuesday 8am-4:30pm</i> 901-515-5482 FAX 901-526-1208 **Tuesdays, 2:00pm-3:00pm**</p> |
| <p>Hickory Hill Clinic 6590 Kirby Center Cv, 38115 <i>Clinic Hours Mon.-Fri. 8am-4:30pm</i> <i>Sat. (2nd and 4th) 8am-12pm*</i> 901-222-9910 FAX 901-222-9936 **Tuesdays, 10:00 - 11:00am**</p> | <p>Hollywood Clinic 2500 Peres, 38108 <i>Clinic Hours Mon.-Wed. 8am-4:30pm</i> 901-515-5581 FAX 901-458-5591</p> | <p>Medplex Clinic 880 Madison Ave., 38104 <i>Clinic Hours Mon.-Fri. 8am-4:30pm</i> 901-545-7265 FAX 901-545-6375 **Thursdays, 11:00am**</p> | <p>Memphis Health Center 360 E.H. Crump Blvd, 38126 <i>Clinic Hours Mon.-Fri. 8am-4:30pm</i> 901-261-2061 FAX 901-432-0512 **Tuesdays, 10:00am**</p> |
| <p>Millington Clinic 8225 Highway 51 North Millington, TN 38053 <i>Clinic Hours Mon.-Fri. 8am-4:30pm</i> 901-222-9940 FAX 901-222-9950 **Wednesdays, 2:00pm**</p> | <p>**Wednesdays, 10 & 2:00pm** Shelby Crossing Clinic 6170 Macon Road, 38134 <i>Clinic Hours Mon.-Fri. 8am-4:30pm</i> 901-222-9800 FAX 901-222-9821 **1st & 3rd Tuesday, 2:30pm**</p> | <p>Breast Pumps WIC provides breast pumps to eligible moms separated from their babies or with special circumstances. Contact local WIC clinic or Shelby County Breastfeeding Coordinator (Southland Mall Clinic) for details.</p> | <p>WIC Food Packages for Breastfeeding Moms Enhanced food package for Breastfeeding Moms and eligibility to participate longer in WIC than if not breastfeeding.</p> |

CLC - provides counseling and support; has received 45 hours classroom training only and competency verification in breastfeeding and human lactation support
Peer Counselor - provides mother-to-mother support with personal breastfeeding experience; available to WIC clients outside usual clinic hours

Additional Resources

Online Videos for Breastfeeding Help

International Breastfeeding Center (multiple videos) www.nbci.ca

"Breastfeeding: Another Way of Saying, 'I Love You'" http://msdh.ms.gov/msdhsite/_static/41_0_144.html

Stanford videos: <http://newborns.stanford.edu/Breastfeeding.index.html> (A Perfect Latch, Hand Expression, Maximizing Milk Production)

Ameda Breastfeeding Babies (shows a nice description of latch-on) <http://www.youtube.com/watch?v=Zln0LTkejIs>

Breast Crawl - "Babies First Meal" video <http://www.youtube.com/watch?v=pjDQN9keKQk&feature=related>

Reading Materials and Social Media

Your Guide to Breastfeeding <http://www.womenshealth.gov/pub/bf.cfm> (FREE DHHS resource, can download or order [up to 100 copies/mo] at 1-800-994-9662)

New Mother's Guide to Breastfeeding www.aap.org bookstore, or Amazon; Dr. Jen's Guide to Breastfeeding Amazon or Hale Publishing at www.ibreastfeeding.com

Parent Handouts <http://www.lactationtraining.com/component/content/article/35-home/142-parent-handouts>

WIC Handouts <http://www.fns.usda.gov/wic/publications.htm>

Text4Babies <http://text4baby.org/> - FREE text messages promoting healthy pregnancies and healthy babies - Text BABY to 511411

Facebook: Shelbycountybreastfeeding, Breastfeeding Moms of Memphis, All Better Pediatrics, AAP Section on Breastfeeding, SCBC Twitter #Breastfeed4Baby

Websites: AAP www.aap.org/breastfeeding/; Women's Health, DHHS, <http://www.womenshealth.gov/breastfeeding/>; La Leche League International

www.la lecheleague.org_Best4Babes <http://www.best4babes.org/> Tennessee State Breastfeeding Website <http://breastfeeding.tn.gov/>

Academy of Breastfeeding Medicine (protocols for providers) www.bfmed.org and others... www.breastmilkcounts.com; www.breastfeeding.com; www.kellymom.com

Information on drugs and breastfeeding

Lactmed www.toxnet.nlm.nih.gov and Dr. Thomas Hale's Medications and Mother's Milk and website <http://neonatal.ttuhs.edu/lact/>

Tennessee Laws Protecting Breastfeeding Tenn. Code Ann. § 68-58-101 et seq. (2006, 2011) permits a mother to breastfeed in any location, public or private, that the mother is authorized to be... Tenn. Code Ann. § 50-1-305 (1999) requires employers to provide daily unpaid break time for a mother to express breast milk for her infant child. Employers are also required to make a reasonable effort to provide a private location, other than a toilet stall, in close proximity to the workplace...

National Hotlines

La Leche League 24 Hour Hotline - (1-877-452-5324) www.la lecheleague.org (offers online chat support)

Office of Women's Health, DHHS, Breastfeeding Hotline 1-800-994-9662 9am - 6pm ET, M-F (Breastfeeding Peer Counselors)

IBCLC Hospital Breastfeeding Support Services - Availability, Pump Rental Locations, Classes

| FACILITY | LOCATION -DAY/TIME | PHONE / FAX/ Other | CLASSES |
|--|---|---|---|
| Baptist Women's Hospital **Pumps available -Out-patient consults \$60 <i>Inborn or Outborn</i> -Breastfeeding Warmline | 6225 Walnut Grove, 38120 Monday-Saturday 9am-3pm Sunday -Phone only Call for appointment | 901-227-9620 901-227-9855 (fax) <u>Pump rentals and supplies</u> Baptist Women's Boutique 901-227-9856, M-F 9-4:30pm, 50 Humphrey's Blvd, #17 | Call to Register at 901-226-5764 -Breastfeeding Basics, 4 th Saturday 1-3pm \$30 per couple -"Beautiful Bundles" - New Mom Support Group Thursdays 12:30-2:30pm FREE |
| Baptist Tipton -Out-patient consults FREE <i>Inborn or Outborn</i> | 1995 Highway 51 South Covington, TN 38019 Wednesday out-patient visits Call for appointment | 901-475-5410 | Breastfeeding Class Rm 252 on 2 nd Floor, Wednesdays, 10:00am - 2:00pm. FREE and all are welcome! Call 901-475-5573 Childbirth Classes every other Saturday 8:30-4:00pm |
| Baptist Hospital - DeSoto -Out-patient consults FREE <i>Inborn only</i> | 7601 Southcrest Pkwy. Southaven, MS 38671 Availability Varies Call for appointment | 662-772-3296 662-772-2278 (fax) | Call 1-800-4-BAPTIST -Breastfeeding Basics - every other month (Jan, Mar, May, July, Sept, Nov) \$30 per class/\$5 for Mississippi Medicaid |
| Le Bonheur Children's -Breastfeeding Warmline (For Le Bonheur patients) | 50 N. Dunlap, 38103 M-F 8am-4pm | 901-287-5559 901-287-5123 (fax) | |
| Methodist - Germantown **Pumps available -Out-patient consults \$60 (Inborn or Outborn) | 7691 Poplar Avenue Women and Children's Pavilion Germantown, TN 38138 M-F only for Outpatients Call for appointment | 901-516-6893 901-516-6504 (Breast Pumps) 901-516-6177(Fax) | Call 901-516-6645 or go to www.methodisthealth.org -Breastfeeding Basics (with childbirth classes or separately, \$30) -Returning to work - \$30 -MOMS Support Group- Tuesdays 10:30am-12:30pm, 7714 Poplar, Suite 203 |
| Methodist - South **Pumps available -Out-patient consults FREE <i>Inborn or Outborn</i> | 1300 Wesley, 38116 Monday-Friday 9am-2pm | 901-516-3475 901-516-3588 (fax) | Call for schedule 901-516-3475 FREE -Prenatal Breastfeeding Classes or part of Childbirth Education Wednesdays 1-2pm - Prenatal Wednesdays 3:30-5:30 - Childbirth |
| St. Francis - Park -Out-patient consults FREE <i>Inborn only</i> - Breastfeeding Warmline | 5959 Park Ave., 38119 Monday-Friday 11am-4pm Call for appointment | 901-765-1761 901-765-3267 (fax) | Call 901/765-1770 for class information FREE |
| St. Francis -Bartlett -Out-patient consults FREE (For Inborn only) - Breastfeeding Warmline | 2986 Kate Bond Rd., 38134 Availability Varies Call for appointment | 901-820-7730 901-820-7721 (fax) | Call for information 901-765-1871 One Saturday per month FREE |
| St. Jude Children's Hospital -Breastfeeding Warmline -St. Jude patients only | 262 Danny Thomas Place, 38105 Monday - Friday 8am - 4pm | 901-595-3315 901-595-3202 (fax) | Employee Breastfeeding Classes available (complimentary) -Call 595-3315 for more information |
| The Med -Newborn Center -Mother-Baby Unit -Out-patient consults FREE <i>Only Inborn</i> | 877 Jefferson Ave., 38103 Call for appointment | NBC-901-545-7736 MBU-901-545-8559 901-448-1691 (fax) (call before faxing) | Call 901-545-8449 for information and to schedule classes Breastfeeding Classes Third Week of the Month- FREE Mondays 4-6pm (Teens)/6-8pm Adults - Rout Building/The Med Tuesdays 10am Medplex - Madison Ave, 3rd Floor Neighborhood Christian Center, 785 Jackson (Times vary) |

IBCLC = Internationally Board Certified Lactation Consultant; lactation professional with health science training, clinical experience, and documented education in human lactation/breastfeeding. Must pass certification exam and recertify at 5 years. Inborn = born in the facility; Outborn = born in another facility or at home

Community Breastfeeding Support

| Home Visitation | Private Practice | La Leche League Local groups: |
|---|---|---|
| Bring It On Out -Donna Ross, BA, MBA, CLC In Home or Hospital Consultation Office 901-757-2672 or Mobile 901-649-5811 \$30 per visit; Available Mon-Friday 5pm-10pm; Sat & Sun 8am-10pm www.bringitonout.org | All Better Pediatrics Julie Ware, MD, MPH, FAAP, FABM, IBCLC Tamara, Folz, MD, IBCLC, FAAP 1102 Brookfield, Memphis, 38119 Call for appointments 901-761-1880 Available for consultations - No TennCare | LLL of Memphis East Melanie 901-324-8215 1st Thursdays, 10:30 a.m., St. John's Episcopal Church - Family Life Center, 3245 Central Avenue, Memphis, TN 38111 LLL of Germantown Emily 901-685-8332, Jessica 901-239-0575 2nd Thursdays, 6:30 p.m., Cumberland Presbyterian Church, 2385 Riverdale Road, Germantown, TN 38138 LLL of Fayette County - Angela 901-813-8014 |
| Baby2Breast - Crystal Gilreath MS, CLC In Home Consultation \$125 for 1 hr consult + 2 phone calls + report Available 24/7 www.baby2breast.com | Internal Medicine and Pediatrics Allison Stiles, MD, FAAP 1325 Eastmoreland Ave., Memphis, 38104 Call for appointments 901- 276-0249 Available for Consultations - No TennCare | Early Success Coalition The Early Success Coalition Network offers several in home visitation or site based programs to assist pregnant moms and new parents in Shelby County. Many of these programs also assist in breastfeeding support. To register for services, contact ESCN Community Health Specialists, Jennifer Price, 901-287-4719 or Jessica Rone, 901-287-4741 or www.earlysuccesscoalition.com |
| Maternal Blessings - Victoria Roselli, BS, ALC, IBCLC, FCCE, NCS In Home Consultation - travel up to 60 miles, \$125 for first consult, \$40 per additional hour *Pump Rental - Medela Products www.maternalblessings.com | Pediatrics East, Collierville, Fridays only Cindy Earle, RN, MSN, FNP, IBCLC, RLC 120 Crescent Drive, Collierville, 38017 901-757-3560 (Peds East patients only) | |
| BirthMemphis Childbirth and Lactation Education Sarah Stockwell, LCCE, CLC, CLE 901-454-6827 or 901-734-9735 Breastfeeding Classes; Consultations \$30/hr www.birthmemphis.com | Breast Pump Rental Target Medical *Breast Pump Rental 901-323-1304 ext, 101 | Disclaimer: The Shelby County Breastfeeding Coalition compiled this list of available breastfeeding resources in Shelby County and surrounding areas, but neither guarantees nor endorse any services mentioned here. SCBC is not liable for any damages arising out of the use of information posted here. 3/10/13 |