



PRAMS PERSPECTIVES

Pregnancy Risk Monitoring System Breastfeeding Resource Guide

Breastfeeding Support and Services

Breastfeeding Matters @McKay Dee Hospital
1-801-387-4128
Messages returned M-F, 8a-4p, Sat. 8a-2p

Intermountain Breastfeeding Services at Primary Children's Medical Center
801-588-3893

La Leche League
801-264-LOVE
1-800-LA-LECHE
www.lalecheleague.org

Women's Center - Logan Regional
1-435-716-5376 8a-5p
1-435-713-7558 after hours on-call Lactation Specialist pager.

The Utah County Breastfeeding Warmline
1-801-714-3349 Messages returned by lactation consultant/RN M-F 8:30a-3p, Sat. 8-12p (*no charge for brief consultations*)
1- 801-714-3327 (*\$35.00 for one on one appt. with consultant*)

Women, Infants, and Children (WIC)
1-877-942-5437
www.health.utah.gov/wic/

Pregnancy Risk Line (Medication Questions)
801-328-2229

Breastfeeding Information

Adoptive Breastfeeding www.fourfriends.com
Ameda pumps and services www.ameda.com
1-800-323-8750

Black Womens Health
www.blackwomenshealth.com/BreastFeeding.htm
Breastfeeding after Reduction
www.bfar.org

Find a Lactation Consultant
www.associationhome.com/ilca/web/referral.cfm
Lamaze www.lamaze.org
1-800-368-4404

Lansinoh for sore nipples
www.lansinoh.com
703-299-1100

Medela pumps and services
www.medela.com

Medications in Mother's Milk
http://neonatal.ttuhsu.edu/lact/
Pumping Mom's Exchange
http://pumpingmoms.org/

Promotion of Breastfeeding
http://promom.org/
Salt Lake Mother's of Twins
http://www.angelfire.com/ut/slmo/

General Breastfeeding Information
www.breastfeedingbasics.com/
http://www.breastfeeding.co.uk/
http://breastfeeding.v25.com
http://www.breastfeedingmatters.com/
http://www.bfmoms.com/
www.lactation.com/index.php3
www.usbreastfeeding.org/
http://breastfeeding.hypermart.net/
www.4woman.gov/Breastfeeding
aap.org/pubserv/breastfbook.htm
http://www.breastfeedingonline.com/
www.parentspace.com/expert/lactation/
http://www.breastfeeding.com
http://nursingmothers.org
http://www.waba.org.br/

For more information about Breastfeeding and other Maternal Health issues please visit our website at www.health.utah.gov/rhp Utah Department of Health, Reproductive Health Program.
**Inclusion of resources does not imply endorsement by The Utah Department of Health.*

Publishing information

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Breastfeeding Products Sales, Services and Rentals

Bountiful
L.A.C.E. by Louise 801-294-5223
344 South 500 West
Bountiful, Utah 84010

Logan
A Mother's Touch 435-716-2560
**Located inside the Women's Center at Logan Regional Hospital*
1400 N. 500 E.
Logan, Utah 84341

Neola
Elizabeth Lee Designs 435-353-4344
P.O. Box 10
Neola, Utah 84053

Ogden
Ogden Regional Medical Ctr. 801-479-2684
Lactation and Postpartum Support

Orem
For Every Mother 801-224-4143
Cascade Office Park
560 South State, Suite C-1
Orem, Utah 84058

Pleasant Grove
Smith Rexall Drug 801-785-3221
10 South Main
Pleasant Grove, Utah 84062

Sandy
Bosom Buddies 801-450-3811

Medela 1-800-435-8316
Ameda 1-800-323-8750

Salt Lake City
A Babies Choice Lactation 801-680-MILK
Julie Fikstad, IBCLC, RN (home visits/helpline)

Babies R Us 801-352-1086
1122 East Fort Union Blvd.
Midvale, Utah 84047
**Free Monthly Seminar taught by Lactation Specialist, call for details*

Deseret Medical 801-270-8440
560 West Fine Drive
Salt Lake City, Utah 84115
**pump sales & rentals, pick up & delivery avail.*

IHC Home Care 801-887-7320
2250 South 1300 West
Salt Lake, Utah 84119

Lactation Plus 801-463-9191
346 East 3300 South (downstairs)
Salt Lake City, Utah 84115

Maternal Instincts 801-568-7020
1411 West 900 South
West Jordan, Utah 84088

Ortho-Med 801-272-4253
2300 East Murray-Holladay Rd.
Salt Lake City, UT 84117
**specializing in pump rentals, delivery avail.*

The Lactation Station 801-467-3434
3142 South Highland Drive
Salt Lake City, Utah 84106

Springville
Art City Pharmacy 801-489-5618
405 South Main Street
Springville, Utah 84662

Note: Services provided are unique to each site. The following services may or may not be offered at each site (please call ahead and request a list of services): bra fitting and sales, pump rental and sales, consultation, nursing accessories, education courses and baby accessories. **Inclusion of any listed resource does not imply endorsement by The Utah Department of Health.*

Reading Materials

The Nursing Mother's Companion K. Higgins

Nursing Mother, Working Mother G. Pryor

The Breastfeeding Answer Book by Nancy Mohrbacher, IBCLC, and Julie Stock, BA, IBCLC, Revised Edition, Jan. 97

Newborn Intensive Care: What Every Parent Needs to Know. 3rd ed. Petaluma, Calif: NICU INK; January 1, 2003. S. Lang

Breastfeeding Special Care Babies. 2nd ed Philadelphia, Pa: W.B. Saunders; 2002. J.G. Zaichkin

The Ultimate Breastfeeding Book of Answers: The Most Comprehensive Problem-Solution Guide to

Breastfeeding from the Foremost Expert in North America by Jack Newman, Teresa Pitman

The Womanly Art of Breastfeeding by Gwen Gotsch, Anwar Fazal, Judy Torgus