

Community Resources

Bear River (Cache, Box Elder and Rich counties)

Hospitals/Clinics

Brigham City Community Hospital MSH
950 South Medical Drive
Brigham City, UT 84302
(435)734-4136 Labor & Delivery

- Prenatal class with BF component
- Inpatient breastfeeding assistance

Budge Clinic IHC
1350 North 500 East
Logan, UT 84341
(435)752-0422
(435)716-1920 OB/GYN Clinic
Referral to Logan Regional Hospital

Logan Regional Hospital IHC
500 East 1400 North
Logan, UT 84341
(435)752-0422 Women and Newborn Center
(435)716-2560 Lactation
(435)716-2560 Rental Station & Retail Store
Mon-Fri: 8:30 am- 5:00 pm (closed 12:30-1:30)
Prenatal breastfeeding classes: \$15/couple, 3rd Fri
Post partum breastfeeding consult: \$35/hour

- IBCLCs on staff
- Pumps and pump parts, Bobby pillows, milk storage supplies, comfort gel pads, bras, bra fitting service, many other supplies
- Guest speakers available

Bear River Valley Hospital IHC
905 North 1000 West
Tremonton, UT 84337
(435)207-4681 labor and delivery
Referral to Logan Regional Medical Center

- Inpatient assessment, BF assistance
- Electric pump for in hospital use

WIC Clinics

WIC
817 West 950 South
Brigham City, UT 84302
(435)734-0845

WIC
655 East 1300 North
Logan, UT 84341
(435)792-6451

WIC
275 North Main Street
Randolph, UT 84064
(435)793-2445

WIC
125 South 100 West
Tremonton, UT 84337
(435)257-3318

Pump Rentals/Breastfeeding Supplies

Cache Valley Oxygen
1395 North 500 East, Suite A
Logan, UT 84341
(435)752-2227
Rents Medela pumps

Intermountain Healthcare Home Care
1400 North 550 East
Logan, UT 84341
(435)716-5305
Rents Ameda pumps

Other Community Resources

La Leche League of Box Elder County
Jenny (435) 257-4650
Sara (435) 723-5488

La Leche League of Logan
Aneesa (435) 554-8667, aneesabeutler@gmail.com
Elizabeth lleader.elizabeth@gmail.com

Central Utah (Juab, Millard, San Pete, Sevier, Piute, and Wayne counties)

Hospitals/Clinics

Delta Community Medical Center IHC
126 South White Sage Avenue
Delta, UT 84624
(435)864-5591 ask for Nurse's station

- Prenatal class with BF component
- Inpatient breastfeeding assistance, consults, call-in questions, home visits
- Hand pumps offered inpatient
- Routine calls for all discharged patients needing assistance

Fillmore Community Medical Center IHC
674 South Highway 99
Fillmore, UT 84631
(435)743-5591
Inpatient breastfeeding assistance

Sanpete Valley Hospital IHC
1100 South Medical Drive
Mount Pleasant, UT 84647
(435)462-2441 Ask for nurses' station
Inpatient BF assistance

Central Valley Medical Center RHMC
48 West 1500 North
Nephi, UT 84648
(435)623-3000
RN in-patient BF assistance

Nephi Medical Clinic
48 West 1500 North
Nephi, UT 84648
(435)623-3200

Sevier Valley Hospital IHC
1100 North Main Street
Richfield, UT 84701
(435)893-4100

- Prenatal classes with BF component
- RN inpatient BF assistance

Pump Rentals/Breastfeeding Supplies

Remed Medical
43 South Main
Richfield, UT 84701
(435)896-6474
Rents Medela pumps

WIC Clinics

WIC
428 East Topaz Boulevard, Ste. D
Delta, UT 84624
(435)864-3612

WIC
50 South 400 West
Fillmore, UT 84631
(435)743-5723

WIC
555 North Main
Junction, UT 84740
(435)577-2521

WIC
18 South Main
Loa, UT 84747
(435)836-1317

WIC
40 West 200 North
Manti, UT 84642
(435)835-2231

WIC
20 South 100 West, Ste. 30
Mount Pleasant, UT 84647
(435)462-2449

WIC
146 North Main Street
Nephi, UT 84648
(435)623-0696

WIC
70 Westview Drive
Richfield, UT 84701
(435)896-5451

Other Local Resources

La Leche League of Utah
Utah Referral Line 801-264-LOVE

Davis County

Hospitals/Clinics

Lakeview Hospital MSH

630 East Medical Drive

Bountiful, UT 84010

(801)299-2200 Main number

(801)299-2247 Lactation hotline

- Inpatient breastfeeding support services
- Outpatient BF support services

Hill Air Force Base

75th Medical Group/SGA

7321 Balmer Street Bldg. 570

Hill Air Force Base, UT 84056

(801)728-2600

- Prenatal classes with BF component
- Lactation telephone consults

Davis Hospital & Medical Center IASIS

1600 West Antelope Drive

Layton, UT 84041

(801)807-1000

(801)807-7446 Lactation

- Prenatal classes with BF component
- Breastfeeding classes
- Inpatient BF assistance, call-in questions
- IBCLC on staff
- Outpatient follow-up by appointment

WIC Clinics

WIC

140 East Center Street, Rm. 52

Clearfield, UT 84015

(801)773-8834

WIC

596 West 750 South

Woods Cross, UT 84010

(801)292-7803

Pump Rentals/Breastfeeding Supplies

L.A.C.E. by Louise

344 south 500 West, Ste. 2

Bountiful, UT 84010

(801)294-5223

www.lacebylouise.com

- Rents Ameda and Medela pumps
- Breastfeeding supplies

Other Local Resources

La Leche League of Weber/Davis

<http://www.llusa.org/UT/WeberDavis/index.html>

Salt Lake County

Hospitals/Clinics

Alpine Medical Group
1060 South 100 East
Salt Lake City, UT 84102
(801)595-8899

- Lactation consultations by MD, IBCLC
- Phone consults for established patients only
- Ameda Pumps

Altaview Hospital
9660 South 1300 East
Sandy, UT 84094
(801)501-2600 main number

- Prenatal classes with a BF component
- Breastfeeding classes
- Inpatient BF counseling available

LDS Hospital IHC
325 8th Avenue
Salt Lake City, UT 84103
(801)507-7731 Childbirth Education

Prenatal class with BF, \$55/couple
BF Class 4th Monday of each month \$20

- Inpatient counseling and call-in Qs
- Pump kits available
- “Rooming in” encouraged
- IBCLC on staff

Intermountain Medical Center IHC
5121 Cottonwood Street
Murray, UT 84157
(801)507-7000 Main number
(801)507-7661 Lactation Coordinator

- Prenatal class with BF component
- Breastfeeding classes
- Inpatient BF assistance

Jordan Valley Medical Center IASIS
3580 West 9000 South
West Jordan, UT 84088
(801)561-8888

- Breastfeeding classes taught by IBCLC
- Inpatient BF assistance and call-in Qs
- Pump kits available

Madsen Health Center
555 South Foothill Boulevard, Rm. 301
Salt Lake City, UT 84112
(801)581-1000

Pioneer Valley Hospital
3460 S Pioneer Parkway
West Valley City, UT 84120
(801)964-3460 Women’s Services

- Inpatient BF assistance
- Rooming-in is encouraged

Primary Children’s Medical Center IHC
100 Mario Capecchi Drive
Salt Lake City, UT 84113
(801)662-1000 Main Number
(801)662-3686 Lactation Consultant
IBCLC inpatient BF assistance

St. Mark’s Hospital MSH
1200 East 3900 South
Salt Lake City, UT 84124
(801)743-6616 Lactation Services
(801)268-7940 Class sign-up

- Breastfeeding classes
- Breastfeeding follow-up

Salt Lake Regional Medical Center IASIS
1050 East South Temple
Salt Lake City, UT 84102
(801)350-4111

- Prenatal class with a BF component
- Breastfeeding class taught by an IBCLC
- Inpatient BF assistance
- Pump rental, supplies through pharmacy
- IBCLC on staff

Teen Mother & Child Program
University of Utah
3690 South Main Street
Salt Lake City, UT 84115
(801)468-3278

University Hospital
50 North Medical Drive
Salt Lake City, UT 84132
(801)581-2121 ask for lactation services
(801)581-2328 perinatal education
“Baby-Friendly” Hospital designation

- Breastfeeding classes
- Inpatient and out-patient BF assistance
- Inpatient pumps provided
- Pump rentals (Medela) for out-patient
- IBCLC on staff

WIC Clinics

WIC
610 South 200 East, Ste. 111
Salt Lake City, UT 84111
(801)534-4629

WIC
3690 South Main Street
Salt Lake City, UT 84115
(801)468-3500

WIC
1625 West 700 North
Salt Lake City, UT 84116
(801)322-0502

WIC
9340 South 700 East
Sandy, UT 84070
(801)256-1978

WIC
1740 West 7800 South
West Jordan, UT 84088
(801)569-4360

WIC
4535 South 5600 West
West Valley City, UT 84120
(801)963-7306

Pump Rentals/Breastfeeding Supplies

Apria Healthcare
1555 West 2200 South
Salt Lake City, UT 84119
(801)972-5353
Rents Medela pumps

Baby's Choice
1508 East Mountain Manner (7280 South)
Cottonwood Heights, UT 84121
(801)680-6455
www.abclactation.com

- Rents Ameda and Medela pumps
- IBCLC on staff

Deseret Medical
560 West Fine Drive
Salt Lake City, UT 84115
(801)270-8440
Rents Medela pumps, will deliver

IHC Home Care
2250 South 1300 West
Salt Lake City, UT 84119
(801)887-7320
Rents Medela and Ameda pumps, will deliver

Lactation Plus
794 West Spanish Oak Way (6160 South)
Murray, UT 84123
(801)281-1881
www.lactationplus.com
Rents Medela and Ameda pumps

Lactation Station
3142 South Highland Drive
Salt Lake City, UT 84106
(801)467-3434
www.lactationstation.com

- Medela pump rentals
- Breastfeeding supplies
- IBCLC consultation appointments available

Maternal Instincts
676 E Union Square (9400 South)
Sandy, UT 84070
(801)568-7020
www.themomshop.com

- Rents Ameda and Medela pumps
- Breastfeeding supplies
- IBCLC on staff

Tender Lactation Care
8046 South Laguna Drive
West Jordan, UT 84088
(801)561-4156

- Rents Ameda pumps
- Breastfeeding supplies available
- IBCLC consultation appointments available

Other Local Resources

La Leche League of Murray
<http://llofmurray.blogspot.com/>

La Leche League of Salt Lake City
<http://llofslc.wordpress.com/breastfeedingslc@gmail.com>

La Leche League of Sandy
<http://www.llofsandy.blogspot.com/LLLOfSandy@gmail.com>

Southeastern Utah (Carbon, Emery, Grand and San Juan counties)

Hospitals/Clinics

Blue Mountain Hospital
802 South 200 West
Blanding, UT 84511
(435)678-3993
Manual pumps available

Allen Memorial Hospital RHMC
719 West 400 North
Moab, UT 84532
(435)259-7191

- Prenatal classes with BF component
- RN inpatient BF assistance
- Postpartum home visits as needed

San Juan County Hospital
364 West 100 North
Monticello, UT 84535
(435)587-2116

- Prenatal classes with BF component
- RN inpatient breastfeeding assistance
- Manual breast pumps

Monument Valley Health Center
4 Rock Door Canyon Drive
Monument Valley, UT 84536
(435)727-3328

Castleview Hospital
300 North Hospital Drive
Price, UT 84501
(435)637-4800

WIC Clinics

WIC
196 East Center Street
Blanding, UT 84511
(435)678-2723

WIC
25 West Main Street
Castle Dale, UT 84513
(435)381-2252

WIC
305 Center Street
East Carbon, UT 84520
(435)888-0814

WIC
305 West Main Street
Green River, UT 84525
(435)564-8236

WIC
471 South Main Street, Ste. 4
Moab, UT 84532
(435)259-5602

WIC
117 South Main Street
Monticello, UT 84535
(435)587-2021

WIC
28 South 100 East
Price, UT 84501
(435)637-3671

Other Local Resources

La Leche League of Utah
Utah Referral Line 801-264-LOVE

Southwestern Utah (Washington, Iron, Kane, Garfield and Beaver counties)

Hospitals/Clinics

Beaver Valley Hospital
85 North 400 East
Beaver, UT 84713
(435)438-7100

- RN inpatient BF assistance
- Pumps available for use in hospital

Hildale Health Service Center
1065 North Hildale Street
Hildale, UT 84784
(435)874-2217

Valley View
Medical Center
1303 North Main Street
Cedar City, UT 84721
(435)868-5000

- Prenatal classes with BF component
- Inpatient BF assistance
- Home consultations by appointment
- IBCLC on staff
- Sells Ameda breast pumps

Kane County Hospital and Clinic
355 North Main Street
Kanab, UT 84741
(435)644-5811 Hospital
(435)644-4100 Clinic

- Prenatal classes with BF component
- RN inpatient BF assistance

Garfield Memorial Hospital IHC
200 North 400 East
Panguitch, UT 84759
(435)676-8811

- Prenatal classes with BF component
- Inpatient BF assistance, call-in questions
- Electric pumps for in-hospital use

Dixie Regional Medical Center IHC
1380 East Medical Center Drive
St. George, UT 84790
(435)251-1000

- Prenatal class with BF component
- Breastfeeding classes
- DVDs available for rental
- Out-patient BF consultation appointments
- IBCLC on staff

WIC Clinics

WIC
1175 North 75 West
Beaver, UT 84713
(435)438-2482

WIC
260 DL Sargent Drive
Cedar City, UT 84720
(435)586-2437

WIC
245 South 200 East
Kanab, UT 84741
(435)644-2537

WIC
609 North Main Street
Panguitch, UT 84758
(435)676-8800

WIC
620 South 400 East Ste. 400
St. George, UT 84770
(435)673-3528

Pump Rentals/Breastfeeding Supplies

Intermountain Healthcare Home Care
1424 Foremaster Drive
St. George, UT 84790
(435)251-2323
Rents Ameda and Medela pumps, \$85/month

Peterson Medical
43 North 700 East
St. George, UT 84770
(435)628-4949

Other Local Resources

Hope Pregnancy Center
427 West 100 South, Ste. B
St. George, UT 84770
(435)652-8343
<http://hopepregnancyutah.org>

La Leche League of Cedar City
<http://www.cedarcitylll.blogspot.com/>
lalecheleaguecedarcity@yahoo.com

Summit County

Hospitals/Clinics

Park City Medical Center
900 Round Valley Drive
Park City, UT 84060
(435)658-7000 ask for Labor and Delivery

- Prenatal class with BF component
- RN inpatient BF assistance
- Pumps available inpatient

WIC Clinics

WIC
85 North 50 East
Coalville, UT 84017
Call the Park City office for hours/appointment

WIC
110 North Main Street
Kamas, UT 84036
Call the Park City office for hours/appointment

WIC
650 Round Valley Drive
Park City, UT 84060
(435)333-1515

Other Local Resources

La Leche League of Utah
Utah Referral Line 801-264-LOVE

Tooele County

Hospitals/Clinics

Mountain West Medical Center
2055 North Main Street
Tooele, UT 84074
(435)843-3600

Breastfeeding classes

WIC
151 North Main Street
Tooele, UT 84074
(435)277-2321

WIC
100 South 9th Street
Wendover, UT 84083
(435)665-7004

Other Local Resources

La Leche League of Utah
Utah Referral Line 801-264-LOVE

Tricounty (Uintah, Duchesne, and Daggett counties)

Hospitals/Clinics

Uintah Basin Medical Center
250 West 300 North
Roosevelt, UT 84066
(435)722-4691 main number
(435)722-6150 OB ask for breastfeeding assistance

- Inpatient breastfeeding assistance
- Out-patient BF assistance by appointment
- Hand pumps available

Ashley Regional Medical Center
150 West 100 North
Vernal, UT 84078
(435)789-3342

- Prenatal classes with BF component
- Postpartum BF instruction

WIC Clinics

WIC
281 East 200 North
Roosevelt, UT 84066
(435)722-6333

WIC
133 South 500 East
Vernal, UT 84078
(435)247-1179

Pump Rentals/Breastfeeding Supplies

Uintah Basin Home Health
26 West 200 North
Roosevelt, UT 84066
(435)722-2418
Rents Ameda pumps

Other Local Resources

La Leche League of Vernal
[Amber](#) (435)789-6108
lllofvernal@gmail.com

Utah County

Hospitals/Clinics

American Fork Hospital IHC
170 North 1100 East
American Fork, UT 84003
(801)855-3300

- Prenatal classes with BF component
- Breastfeeding classes
- Inpatient BF assistance
- Referral to A Mother's Touch Lactation

Orem Community Hospital IHC
331 North 400 West
Orem, UT 84057
(801)224-4080

- Prenatal classes with BF component
- Breastfeeding classes
- Inpatient BF assistance
- Referral to A Mother's Touch Lactation

Timpanogos Regional Hospital MSH
750 West 800 North
Orem, UT 84057
(801)714-6025 OB
RN inpatient BF assistance

A Mother's Touch Lactation Clinic IHC
527 West 400 North, Ste. 3
Orem, UT 84057
(801)714-3327

- Lactation consultation by appointment
- Rents Ameda pumps

Mountain View Hospital MSH
1000 East 100 North
Payson, UT 84651
(801)465-7000

- RN inpatient BF assistance
- Inpatient pumps available

Utah Valley Regional Medical Center IHC
1034 North 500 West
Provo, UT 84604
(801)357-7850

- Prenatal class with BF component
- Breastfeeding classes
- Inpatient BF assistance
- Referral to A Mother's Touch Lactation

WIC Clinics

WIC
599 South 500 East
American Fork, UT 84003
(801)851-7320

WIC
1549 South State, Ste. 104
Orem, UT 84057
(801)851-7340

WIC
910 East 10 North, Ste. 175
Payson, UT 84651
(801)851-7360

WIC
151 South University Avenue Ste. 2100
Provo, UT 84601
(801)851-7300

Pump Rentals/Breastfeeding Supplies

Praxair Medical
400 North Geneva Road, Ste. F
Lindon, UT 84042
(801)374-2556 or (801)785-1000
Rents Ameda and Medela pumps

For Every Mother
1410 North Main Street
Orem, UT 84057
(801)224-4143
Rents Ameda and Medela pumps

B & H Pharmacy
286 Center Street
Provo, UT 84601
(801)373-7288
Rents Ameda Elite pumps

Intermountain Home Care
289 West 1230 North
Provo, UT 84604
(801) 357-8250
Rents Ameda and Medela pumps

Art City Pharmacy
405 south Main Street
Springville, UT 84663
(801)489-5618
Rents Ameda and Medela pumps

Other Local Resources

La Leche League of Northern Utah County
Kathy (801) 785-6764, kvmama08@hotmail.com
Janet (801) 341-5047

La Leche League Provo/Orem
Leah leah_mike@comcast.net
Heidi (801) 224-8016
Valerie (801) 225-2794

La Leche League of Spanish Fork
Kathleen (801) 794-0018

Wasatch County

Hospitals/Clinics

Heber Valley Medical Center IHC
1485 South Highway 40
Heber City, UT 84032
(435)654-2500

- Lactation consultations
- Pumps available inpatient

WIC
55 South 500 East
Heber City, UT 84032
(435)657-3266

Other Local Resources

La Leche League of Utah
Utah Referral Line 801-264-LOVE

Weber and Morgan Counties

Hospitals/Clinics

McKay Dee Hospital IHC
4401 Harrison Boulevard
Ogden, UT 84403
(801)387-2800
(801)387-4132 Breastfeeding Matters Clinic
(801)387-4128 Retail Store
Lactation Consultations Daily 8-2
Breastfeeding classes \$15

- Inpatient breastfeeding consults
- Outpatient consults by appointment
- Breastfeeding supplies
- Ameda and Medela pump rentals

Ogden Regional Medical Center MSH
5475 south 500 East
Ogden, UT 84405
(801)479-2684 Lactation Services
(801)479-2600 Breastfeeding classes
Breastfeeding classes 1st Tuesday of each month,
\$20/couple

- Breastfeeding classes taught by an IBCLC
- Inpatient BF assistance

WIC Clinics

WIC
236 East Young Street
Morgan, UT 84050
(801)829-4275

WIC
477 23rd Street
Ogden, UT 84401
(801)399-7200

Pump Rentals/Breastfeeding Supplies

A-1 Medical
134 31st Street
Ogden, UT 84401
(801)394-4455
Medela Classic pump rentals

IHC Medical Home Care
4387 south Harrison Boulevard, Ste. D5
Ogden, UT 84403
(801)622-5150
Pump rentals \$80/month

Other Local Resources

La Leche League of Weber/Davis
<http://www.llusa.org/UT/WeberDavis/index.html>

Breast Pump Manufacturers

Ameda

www.ameda.com

(866)992-6332

Avent

<http://www.usa.philips.com/c/avent-baby-breastfeeding/28523/cat>

(800)542-8368

Bailey

www.baileymed.com

(800)413-3216

Hygeia

www.hygeiababy.com

(888)PUMP-4-MOM

Lansinoh

<http://www.lansinoh.com/breastfeeding>

(800)292-4794

Medela

<http://www.medelabreastfeedingus.com>

(800)435-8316

Playtex

<http://www.playtexbaby.com/Breastfeeding/Home.aspx>

(888)310-4290

Breastfeeding Information Websites

Breastfeeding Help & Support

Business Case for Breastfeeding - <http://www.womenshealth.gov/breastfeeding/government-programs/business-case-for-breastfeeding/>

Choosing a Baby-Friendly Birthing Facility - www.babyfriendlyusa.org/

Daily Inspiration for the Nursing Mother - www.lactations.com/index.php

Find a Lactation Consultant - www.ilca.org/i4a/pages/index.cfm?pageid=3337

La Leche League International - www.llli.org/

Utah Breastfeeding Coalition - www.utahbreastfeeding.org/

General Information

American College of Nurse-Midwives - www.gotmom.org/

American Academy of Family Physicians (AAFP) - <http://familydoctor.org/online/famdocen/home/women/pregnancy/birth/019.html>

American Academy of Pediatrics (AAP) - www.aap.org/breastfeeding/familiesLanding.html

Australian Breastfeeding Association - www.breastfeeding.asn.au/bfinfo/index.html

Baby Center - www.babycenter.com/breastfeeding

Baby Gooroo - www.babygooroo.com/

National Women's Health Information Center - www.womenshealth.gov/breastfeeding

Breastfeeding.com - www.breastfeeding.com

International Breastfeeding Centre - www.drjacknewman.com/

Kellymom Breastfeeding & Parenting - www.kellymom.com/

MedlinePlus - www.nlm.nih.gov/medlineplus/breastfeeding.html

Texas WIC Program- www.breastmilkcounts.com/

Medications & Other Exposures

Alcohol Elimination in Breastmilk - www.motherisk.org/women/updatesDetail.jsp?content_id=347

LactMed - <http://toxnet.nlm.nih.gov/cgi-bin/sis/htmlgen?LACT>

Pregnancy RiskLine, Utah Department of Health - www.health.utah.gov/prl/

Texas Tech University Health Sciences Center (Dr. Hale) - www.infantrisk.com/

Other Breastfeeding Topics

Adoptive Breastfeeding - www.fourfriends.com/abrw/

Biological Nurturing - <http://www.biologicalnurturing.com/>

Breastfeeding after Reduction - www.bfar.org

Breastfeeding and Working - www.workandpump.com/

Donor Milk - www.hmbana.org

HIV and Breastfeeding - www.anotherlook.org

Low Milk Supply - www.lowmilksupply.org/

Multiple Births - www.multiplebirthscanada.org/english/breastfeeding.php

Nutrition for Breastfeeding Moms - www.choosemyplate.gov/mypyramidmoms/index.html

Breastfeeding Product & Resource Websites

Apparel and Supplies

Bravado! Designs Inc.

www.bravadodesigns.com

Maternity and nursing bras in sizes 32B to 46G,
nursing apparel

Lactation Connection

www.lactationconnection.com

Nursing bras in sizes 30B to 50K, nursing
apparel, breast pump sales and rentals,
breastfeeding supplies

Leading Lady

www.leadinglady.com

Maternity and nursing bras in sizes 34A to
56DD, nursing apparel

Motherwear

www.motherwear.com

Maternity and nursing bras in sizes 32A to 46H,
nursing apparel, breastfeeding supplies

NuAngel, Inc

Breastfeeding products

www.nuangel.com

Resources for Parents

American Academy of Pediatrics

www.aap.org/bookstore

Books

Geddes Productions (Kittie Frantz)

<http://www.geddesproduction.com/>

Books

La Leche League International

<http://store.lli.org/public>

Books for parents and children

Sierra Lactation

www.breastfeedingart.net

Breastfeeding art

Lactation Books

For Parents

American Academy of Pediatrics. *New Mother's Guide to Breastfeeding*. Bantam Books; 2011.

Arms S, Fisher C. *Bestfeeding: How to Breastfeed Your Baby*, 3rd edition. Celestial Arts; 2004.

Behan E. *Eat Well, Lose Weight While Breastfeeding*. Ballantine Books; 2006.

Behrmann B. *The Breastfeeding Café: Mothers Share the Joys, Challenges, and Secrets of Nursing*. The University of Michigan Press; 2005.

Bolster A. *Motherwise*. La Leche League International; 1997.

Bumgarner NJ. *Mothering Your Nursing Toddler*. La Leche League International; 2000. (Also available in Spanish.)

Carnesecca ML. *Mommy's Little Breastfeeding Book: 101 Tips Your Baby Wants You to Know about Breastfeeding*. Bennett Communications; 2008.

Colburn-Smith C, Serrette A. *Milk Memos: How Real Moms Learned to Mix Business with Babies and How You Can Too!* Tarcher; 2007.

Eiger MS, Holland R. *The Complete Book of Breastfeeding*, 4th edition. Workman Publishing Company; 2010.

Flower H. *Adventures in Tandem Nursing: Breastfeeding During Pregnancy and Beyond*. La Leche League International; 2003.

Gotsch G. *Breastfeeding Your Premature Baby*. La Leche League International; 2002.

Gromada KK. *Mothering Multiples: Breastfeeding and Caring for Twins*, 3rd edition. La Leche League International; 2007.

Hicks J. *Hirkani's Daughters: Women Who Scale Modern Mountains to Combine Breastfeeding and Working*. La Leche League International; 2006.

Hormann E. *Breastfeeding an Adopted Baby and Relactation*. La Leche League International; 2010.

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Special Support

Doulas of Utah

For both certified and non-certified Doulas in your area, contact:

DONA International

100 East Washington Street

Springfield, Illinois 62701

(888) 788-3662

www.dona.org

International Lactation Consultant Association

- Find a lactation consultant
- Educational materials for professionals

www.ilca.org

La Leche League of Utah

Referral line: (801)264-LOVE (5683)

<http://www.lllusa.org/UT/Utah.html>

United States Breastfeeding Committee

<http://www.usbreastfeeding.org/>

Critically Ill Infants

High Risk/Critically Ill Newborn Support

- Parent-to-Parent support group
- University of Utah hospital

(801)581-2098

<http://healthcare.utah.edu/hospital/supportgroups.html>

New Parents

Mommy & Me New Parent Support Group

LDS Hospital

(801)466-1245 Judi Rausch

Mommy & Me New Parent Support Group

Altaview Hospital

(801)507-7731

Twin/Multiple Support

Northern Utah Parents of Multiples

www.multikids.org

Salt Lake Mothers of Twins

<http://www.slmot.com/>

Utah Valley Mothers of Multiples

<http://www.uvmom.com/>