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 illeader.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
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.lllusa.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

**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](http://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](http://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](http://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](http://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://lllofmurray.blogspot.com/](http://lllofmurray.blogspot.com/)

**La Leche League of Salt Lake City**
[http://lllofslc.wordpress.com/](http://lllofslc.wordpress.com/)
breastfeedingslc@gmail.com

**La Leche League of Sandy**
[http://www.lllofsandy.blogspot.com/](http://www.lllofsandy.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](http://hopepregnancyutah.org)

La Leche League of Cedar City
[http://www.cedarcitylll.blogspot.com/](http://www.cedarcitylll.blogspot.com/)
[lalecheleaguecedarcity@yahoo.com](mailto: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  
*Breastfeeding 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.htm](http://www.llusa.org/UT/WeberDavis/index.htm)
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
(888)310-4290
Breastfeeding Information Websites

Breastfeeding Help & Support


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 Pediatrics (AAP) - www.aap.org/breastfeeding/familiesLanding.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/


Texas WIC Program- www.breastmilkcounts.com/

Medications & Other Exposures

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

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.llli.org/public
Books for parents and children
Sierra Lactation
www.breastfeedingart.net
Breastfeeding art
Lactation Books

For Parents


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


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


Sinnot A. *Breastfeeding Older Children*. Free Association Books; 2009.


**Children’s Books**


Martin C. *We Like to Nurse*. Hohm Press; 1995. (Also available in Spanish.)

Martin C. *We Like to Nurse Too*. Hohm Press; 2009. (Also available in Spanish.)


Ross ME. *Mama's Milk*. Tricycle Press; 2007. (Also available in Spanish.)
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.llusa.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/