



MOUNT AUBURN HOSPITAL

BREASTFEEDING INFORMATION

If you are choosing to breastfeed and would like to pump, you can contact your insurance to determine your coverage for a breast pump. Your insurance will let you know if there is a specific medical supplier you need to go through. You can obtain a prescription from your provider and obtain your pump during your pregnancy or a pump can be obtained while you are at the hospital for your postpartum stay.

Postpartum Breastfeeding Support Resources

Mount Auburn Lactation Support Hotline.....617-499-5665 x 3514

La Leche League Referral Number 800-La-Leche (525-3243)

Nursing Mother Council617-244-5102

MA WIC Program.....800-WIC-1007 (942-1007)

Check with your OB, CNM or pediatrician to see if lactation support is available in the office for prenatal or postpartum visits.

Breastfeeding Groups

Cambridge Health Alliance - drop-in breastfeeding support group
- Tuesdays and Thursday from 10-12 at 8 Camelia Avenue, Cambridge

Baby Café – check website for nearest location
<http://www.babycafeusa.org/your-nearest-baby-cafe/us-baby-cafes-2.html>

Breastfeeding Websites

Kelly mom - Parenting & Breastfeeding
<https://kellymom.com/>

International Breastfeeding Centre - Dr. Jack Newman - Canadian Physician who specializes in breastfeeding support and advocacy
<https://ibconline.ca/ask-a-breastfeeding-question/>

Zip milk - Find lactation consultants in your zip code
<http://www.zipmilk.org/states/massachusetts>

La Leche League – National Breastfeeding support group
<https://www.llusa.org/>

See reading list for books on breastfeeding