

Fairbanks Breastfeeding Support Services

Bassett Army Community Hospital Jennifer Hyatt, RN, IBCLC	Lactation consultation 361-4000 option #4 (Specialty Care Clinics) -> option #1 (Women's Health) -> option #2 (Nurse Line)
FMH Women's Center 458-5200	Lactation consultation at New Parent's Clinic on Tuesday and Thursday afternoons by appointments. Call your baby's health care provider for a prescription to coordinate the appointment.
Fairbanks Regional Public Health Center 452-1776	Public Health Nurses available for clinic or in-home breastfeeding assistance by appointment. Information and referrals for community resources. New Parent's Clinic with FMH Women's Center.
RCPC WIC Program 456-2990 456-9075 (24 hr warm line)	Lactation consultation by appointment. Lactation peer counselors, video resource library, nutrition information, referral and support. Short-term breast pump loan. Host of Facebook page: VIRTUAL BREASTFEEDING SUPPORT RCPC WIC FAIRBANKS
TCC WIC Program Chief Andrew Isaac Health Center 451-6682 ext. 3778	Nutrition information, referral and support. Short-term breast pump loan for WIC clients.

Breastfeeding Equipment

Denali Pharmacy 458-5615	Medela breast pump accessories and breastfeeding products for purchase.
Fireweed Baby Boutique 328-3700	Medela breastfeeding products for purchase, cloth diapers, reusable nursing pads.
FMH Home Medical Equipment 458-5421	Breast pumps available for purchase. Medela breastfeeding products for purchase.
Mommy to Be 987-0196	Maternity and nursing clothing, reusable nursing pads.



Internet Resources and Support for Breastfeeding Families

aap.org/breastfeeding: The American Academy of Pediatrics Breastfeeding Initiatives web site: “Advocating for children through the protection, promotion, and support of breastfeeding.”

breastfeedinginc.ca : Information sheets, video clips and articles by Dr. Jack Newman “to empower parents by ensuring they receive the most up-to-date information to assist them with their breastfeeding baby.”

breastfeedingincombatboots.com: “A non-profit whose mission is to advocate, inform and support all personnel serving in the military (active, reserve or guard) and other non-traditional jobs (police, firefighting, construction) who wish to breastfeed while serving their country.”

fairbanksfamilies.com: “A community website for families with young children.”

infantrisk.com: Texas Tech University Health Sciences Center. “Dedicated to providing up-to-date evidence-based information on the use of medications during pregnancy and breastfeeding” Hotline: experts are available to answer questions about over the counter or prescription medications while pregnant or nursing. Monday-Friday 8am-5pm Central time (5am-2pm Alaska time) at (806)-352-2519.

isonline.org.uk: “This website presents research evidence about biologically normal sleep for human babies.”

kellymom.com: “This website was developed to provide evidence-based information on breastfeeding and parenting.” Links to research articles, forums, informational handouts, and more.

lila.org: Web site of La Leche League International. “Our Mission is to help mothers worldwide to breastfeed through mother-to-mother support, encouragement, information, and education, and to promote a better understanding of breastfeeding as an important element in the healthy development of the baby and mother.”

lowmilksupply.org: “This website provides information and support to mothers who are experiencing low milk production. It is also an online resource for healthcare providers who help mothers breastfeed.”

med.stanford.edu/newborns/professional-education/breastfeeding/hand-expressing-milk.html: Stanford Medicine video demonstrating hand expression of breast milk, links to additional breastfeeding videos and information.

mobimotherhood.org: MOBI stands for Mothers Overcoming Breastfeeding Issues. “Our goal is to promote the support of mothers with extreme breastfeeding issues, with our online support groups, and with education and research.”

toxnet.nlm.nih.gov/newtoxnet/lactmed.htm: “The LactMed® database contains information on drugs and other chemicals to which breastfeeding mothers may be exposed. It includes information on the levels of such substances in breast milk and infant blood, and the possible adverse effects in the nursing infant. Suggested therapeutic alternatives to those drugs are provided, where appropriate. All data are derived from the scientific literature and fully referenced. A peer review panel reviews the data to assure scientific validity and currency.”

Courtesy of the Fairbanks Breastfeeding Coalition-Phone # 452-1776

www.breastfeedfairbanks.blogspot.com

08/17