

Dallas Area Breastfeeding Alliance

Resource Directory

"Imagine that the world had created a new 'dream product' to feed and immunize everyone born on Earth.

Imagine also that it was available everywhere, required no storage or delivery – and helped mothers to plan their families and reduce the risk of cancer.

Then, imagine that the world refused to use it ... "

United Nations Children's Fund (UNICEF)



Dallas Area Breastfeeding Alliance

The mission of the Dallas Area Breastfeeding Alliance is to protect, promote, and support breastfeeding in the Greater Dallas area.

www.dallasbreastfeeding.org

How to Find Breastfeeding Support and Classes

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Prenatal breastfeeding classes can provide general information on breastfeeding basics, teach techniques to make it easier, and suggest problem solving strategies. Find out about breastfeeding before your baby is born. You will have a more successful breastfeeding experience if you know:

- the normal course of breastfeeding
- how to avoid common pitfalls

BREASTFEEDING PREPARATION

Hospital: Ask at the hospital where your baby will be born
See listing of hospitals in the Greater Dallas area on page 13

Community:

Dallas Association for Parent Education: 972.699.0420
La Leche League (support group only): 972.669.5714

Private:

Listing of private classes available on website

POSTPARTUM CLASS or SUPPORT

Hospital: Ask at the hospital where your baby will be born
See listing of hospitals in the Greater Dallas area on page 13

Community:

La Leche League monthly meetings: 972.669.5714
WIC (Women, Infants, and Children): *(see page 6)*
1.800.WIC.FOR.U or 1.800.942.3678

Private:

Listing of private classes available on website

POST PARTUM DEPRESSION RESOURCE:

Ann Dunnewold, PhD 214.343.1353

How to Find Breastfeeding Support Services

Find a Lactation professional practicing in your area:

▶ International Lactation Consultant Association: www.ILCA.org
lists Lactation Consultants (LCs) geographically who are members of ILCA

▶ International Board of Lactation Consultant Examiners:
www.IBLCE.org lists all board certified LCs alphabetically by state
▶ La Leche League International: 972 669-5714

www.lalecheleague.org provides names of La Leche League leaders in your area.

▶ Ameda: www.hollister.com provides retailers who provide consulting services

▶ Medela Breastfeeding National Network: 1.800.Tell You or 1.800. 835.5968 www.medela.com. provides names of breastfeeding specialists by zip code

▶ WIC (Women, Infants, and Children): 1.800.942.3678. -----

Alphabet Soup – what do all the initials mean???

IBCLC— means: International Board Certified Lactation Consultant
Most IBCLCs have extensive formal lactation education and clinical training, all have passed an international certification exam, and all have continuing education requirements to remain certified. These consultants may also use the term (RLC) Registered Lactation Consultant which may be helpful for insurance reimbursement.

BE—means Breastfeeding Educator. BEs have attended a short course which provides basic breastfeeding assessment and management, but they may not be certified.

CLE (Certified Lactation Educator) and **CLC** (Certified Lactation Consultant) represent training courses which are sometimes taken in preparation for sitting for the certification exam by International Board of Lactation Consultant Examiners -----

Questions to ask before setting up an appointment:

- What credentials do you have for Lactation work?
- How many years of experience do you have?
- What kind of services do you provide?
- Do you offer home or office visits?
- How are fees charged -- per visit? -- per phone call?
- What professional organizations are you a part of?

La Leche League (LLL)



Call one of these automated numbers to locate a La Leche League Leader or a La Leche League group

Dallas County Help Line: 972.669.5714

or 1.800.La-Leche (525.3243) or go to www.lalecheleague.org

Many breastfeeding questions can be answered by reading the Breastfeeding Help Resource at www.lalecheleague.org.

LLL Leaders are experienced nursing mothers who are accredited by La Leche League International to give information, encouragement and support to breastfeeding mothers. The following topics are discussed in a series of monthly meetings:

- ❖ The Benefits of Breastfeeding
- ❖ Childbirth & the New Baby at Home
- ❖ Avoiding Breastfeeding Difficulties
- ❖ Nutrition, Beginning Solids and Weaning

At group meetings LLL Leaders and other mothers share experiences, give suggestions and offer support and encouragement related to breastfeeding and parenting. Babies are always welcome at LLL functions.

LLL Leaders also answer questions and concerns of the mothers who telephone them.

La Leche League is an international, nonprofit, non-sectarian organization. All LLL Leaders are volunteers and receive no pay for their work supporting breastfeeding mothers.

WIC
Women, Infants and Children
Supplemental Nutrition Program

The Federal Food and Nutrition Service administers the Special Supplemental Nutrition Program for Women, Infants, and Children. It is better known as the **WIC** Program and this program has four main components:

- Nutrition Education, both individual and group
- Breastfeeding Education and Support, including an Electric Breast Pump Loan Program
- Supplemental Foods such as milk, cheese, eggs and cereals
- Referrals to Health care and community Services

The WIC Program is designed to serve certain categories of women, infants, and children:

Women	<ul style="list-style-type: none"> ▪ pregnant: during pregnancy and up to 6 weeks after the birth of an infant or the end of the pregnancy ▪ postpartum: up to six months after the birth of the infant or the end of the pregnancy ▪ breastfeeding: up to the infant's first birthday
Infants	up to the infant's first birthday
Children	up to the child's fifth birthday

Residential Requirement

Applicants must live in the State in which they apply.

Income Requirement

To be eligible for WIC, applicants must have income at or below an income level or standard set by the State agency or be determined automatically income-eligible based on participation in certain programs.

City of Dallas WIC Program information 214.670.7200

Breastfeeding Support and Pump Information 214.670.7222

Breast Pump Rental and Sales

Types of Pumps – there are different pumps designed to do different jobs. It is important to pick the right type of pump based on how and why you will be using it.

- Manual pump
 Good for occasional pumping. Generally not good for use when the pump is needed for most of your milk expression in a day, for example, a mother at full time work, a baby not nursing or need to increase an inadequate milk supply
 Examples: Avent Isis, Medela Harmony. (\$)
- Small electric
 Same as above. Some are single, some are double pumps.
 Examples: First Years, Medela Single Delux, Medela Swing pump, Medela Double Select, Nurture III. (\$\$)
- Large double electric
 Good for use when a mother is pumping while at work or maintaining a milk supply once it is established. Examples: Ameda Purely Yours, Medela Pump in Style, Whisper Wear. (\$\$\$)
- Hospital grade rental pumps
 Good for use when infant is not nursing or when trying to increase the mother's milk supply. They are the strongest and most efficient pumps. They are usually rented because they are specifically designed to be safely used by multiple mothers and expensive to purchase (\$\$\$\$\$). Examples: Ameda Elite, Ameda Lact-E, Medela Lactina, Medela Symphony.
 (Ameda is Hollister company)

Where to Find a Breast Pump

Breast Pump Rental and Sales

Breast pumps are usually carried by private practice lactation consultants, hospitals, medical supply shops and a few baby equipment stores. It is important to purchase or rent your equipment from someone who can evaluate your situation and help you pick the right pump for your needs.

Hospital Lactation Consultants see page 14

Private Lactation Consultants.....see page 4

Hollister Ameda see page 4

Medela Breastfeeding National Networksee page 4

Breast pumps are also available at retail stores but remember that the sales clerks are not trained to assess your specific breast pump needs.

Is it "okay" to buy a used breastpump?

Generally, it is not safe to buy a used breastpump. While hospital grade rental pumps and a few purchasable pumps are designed so that the milk never touches the working parts of the pump, most pumps are "open" systems. This means that there is not a barrier between the pump motor and the tubing where milk droplets could go up into the pump. This is not a problem for the mother who buys a new pump and uses it for her own babies. But open system pumps can create a "cross contamination" problem when used by more than one mother. These pumps are considered to be "single person items" and are not designed to be shared with others. *"If proper sterilization of the breast pump cannot be achieved, FDA recommends that it not be used by different mothers."*

Internet Pump Sales

Pumps are now offered on the Internet for sale. While that may seem convenient, there are risks and disadvantages to buying a pump over the Internet.

Sometimes pumps arrive with the original box open. Sometimes the purchaser discovers the pump has already been used. Even if sealed it may be damaged or defective in some way.

The manufacturer does not honor warranties when unauthorized people sell pumps on the Internet.

Purchase from a local source: When you purchase locally you can get immediate help with how to use the pump, how to clean it, how to store the milk and how to problem solve any difficulties you have with the pump.

Purchasing a pump from a local source supports the work of lactation consultants in the community. You help them to continue to provide breastfeeding assistance to the families in the Dallas area.

**Getting Insurance Reimbursement
for Breastfeeding Support and Breastpumps**

- ❖ In most instances, you will be asked to pay the provider of breastfeeding services directly at the time the service is given. It is the patient's responsibility to file for insurance benefits.
- ❖ Not all insurance providers reimburse for breastfeeding services. They are more likely to do so if there is a medical need on the part of the mother or infant. A doctor's prescription for the service is advisable.
- ❖ Explore your insurance provider's policy towards breastfeeding services before the need arises.
- ❖ Medicaid provides for lactation support through WIC services.
- ❖ Most policies do not consider a mother returning to work and pumping her milk as a medical need.
- ❖ Ask the breastfeeding services provider to give you a detailed bill complete with the corresponding insurance code numbers. Attach the doctor's prescription to the insurance form. This is more likely to make it through the system. Photocopy your paperwork for your files.
- ❖ If your claim is denied, call the case manager and explain why the service or equipment was necessary. You may need to educate the insurance company as to the health benefits of breastfeeding and how it will save them health care costs for both the infant and mother.
- ❖ Make the insurance provider aware of a recent American Academy of Pediatrics resolution. It recommends that third party payers provide or reimburse for lactation services as a cost effective measure.
- ❖ Remember, if at first you don't succeed ... submit your claim several times, each time with fuller explanations. This has been known to work.
- ❖ Having a prescription from a physician for breast pump and breastfeeding supplies allows for sales tax exemption for these products.
- ❖ Further information available on Medela website. Select *For the Healthcare Professional*, select *Reimbursement Guide*.

Information About Medications and Breastfeeding

For Parents:

- Lactation Pharmacology information.....
..... ibreastfeeding.com
- Summary of medication use for parents
..... breastfeeding.com

For Professionals

- Medications in Mother's Milk by Thomas Hale
*paperback book, updated every 2 years; available from Pharmasoft
Medical Publishing*..... 800.378.1317
- Website with access for professionals
..... <http://neonatal.ama.tuhsr.edu/lact>
- The Lactation Study Center at University of Rochester 585.275.0088
..... <http://www.leron-line.com/updates/medications.htm>
- American Academy of Pediatrics' Committee on Drugs
The Transfer of Drugs and Other Chemicals Into Human Milk
aappolicy.aappublications.org/cgi/content/full/pediatrics;108/3/776
- National Library of Medicine.....
..... <http://www.nlm.nih.gov/pubs/factsheets/lactmedfs.html>

Recommended Reading

Bestfeeding, How to Breastfeed Your Baby (revised edition)
by Mary Renfrew, Chloe Fisher, Suzanne Arms

Breastfeeding Pure and Simple by Gwen Gotsch

Breastfeeding Your Premature Baby by Gwen Gotsch

Defining Your Own Success, Breastfeeding After Reduction Surgery
by Diana West

Mothering Multiples by Karen Gromada

Mothering Your Nursing Toddler by Jane Bumgarner

Nursing Mother, Working Mother by Gale Pryor

Nursing Your Baby by Karen Pryor & Gale Pryor

The Ultimate Breastfeeding Answer Book by Jack Newman

25 Things Every New Mother Should Know by Martha Sears

Womanly Art of Breastfeeding by La Leche League International
(2004 edition)

Breastfeeding Resources Online

Academy of Breastfeeding Medicine

www.bfmed.org

Adoptive Breastfeeding Resource Website

www.fourfriends.com

American Academy of Family Physicians

www.aafp.org

American Academy of Pediatrics

www.aap.org

Breastfeeding After Reduction

www.bfar.org

Breastfeeding information for parents

www.breastfeeding.com

International Lactation Consultant Association

www.ilca.org

La Leche League International

www.lalecheleague.org

Texas Department of State Health Service

www.dshs.state.tx.us

The International Board of Lactation Consultant Examiners

www.iblce.org

The National Women's Health Information Center

www.4woman.gov

WIC (Women, Infants and Children)

www.fns.usda.gov/wic

**Providers of Breastfeeding Services
in the Greater Dallas Area**

Baylor Medical Center at Garland.....	972.487.5154
Baylor University Medical Center	214.820.1960
<i>Simply Mom's Boutique</i>	214.820.3103
Doctor's Hospital	214.324.6540
Las Colinas Medical Center	972.969.2369
Medical City Dallas.....	972.566.4811
<i>Pump Rental Station</i>	972.566.4850
Medical Center of Lewisville	972.420.1079
Medical Center of Plano.....	972.519.1450
Methodist Charlton Medical Center.....	214.947.7261
Methodist Dallas Medical Center	214.947.1160
Parkland Health and Hospital Services.....	214.590.1173
Presbyterian Hospital Dallas	214.345.2557
<i>Prescription Shop</i>	214.345.2595
Presbyterian Hospital Allen.....	972.747.6377
Presbyterian Hospital Plano.....	972.981.8454
<i>A Mother's Gift</i>	972.981.3788
RHD Memorial Medical Center	972.888.4006
Trinity Medical Center	972.394.2207
UTSW Medical Center St. Paul	214.645.1545



- The gift of breast milk can make a difference in the health of an ill or premature infant.
- Founded in 2003, the Mothers' Milk Bank of North Texas began accepting donor milk. By 2004 the Milk Bank began supplying "banked " milk to area Neonatal Intensive Care units on a regular basis . This milk meets the needs of infants whose mothers are unable to supply breast milk for them.
- The Milk Bank accepts donated breast milk from carefully screened, healthy, breast-feeding mothers. The donated milk is pasteurized, tested to ensure that no bacteria exist and then frozen until it is prescribed.

Mothers' Milk Bank of North Texas
1300 West Lancaster Avenue, Suite 108
Fort Worth, Texas 76102

Voice: (817) 810-0071, FAX: (817) 810-0087,
Toll Free: 1 (866) 810-0071

<http://mmbnt.org/>

Texas Breastfeeding Laws

H.B. No. 359

SECTION 1. Subtitle H, Title 2, Health and safety Code
Chapter 165. BREAST-FEEDING
Subchapter A. BREAST-FEEDING RIGHTS AND POLICIES

Sec 165.001. LEGISLATIVE FINDING. The legislature finds that breast-feeding a baby is an important and basic act of nature that must be encouraged in the interests of maternal and child health and family values. In compliance with the breast-feeding promotion program established under the federal Child Nutrition Act of 1966 the legislature recognizes breast-feeding as the best method of infant nutrition.

Sec.165.002. RIGHT TO BREAST-FEED. A mother is entitled to breast-feed her baby in any location in which the mother is authorized to be.

Sec. 165.003. BUSINESS DESIGNATION AS "MOTHER-FRIENDLY."

(a) A business may use the designation "mother-friendly" in its promotional materials if the business develops a policy supporting the practice of worksite breast-feeding that addresses the following:

(1) work schedule flexibility, including scheduling breaks and work patterns to provide time for expression of milk (2) the provision of accessible locations allowing privacy; (3) access nearby to a clean, safe water source and a sink for washing hands and rinsing out any needed breast-pumping equipment; and (4) access to hygienic storage alternatives in the workplace for the mother's breast milk.

(b) The business shall submit its breast-feeding policy to the department. The department shall maintain a list of "mother-friendly" businesses covered under this section and shall make the list available for public inspection.

Sec 165.004. SERVICES PROVIDED BY STATE AGENCIES. Any state agency that administers a program providing maternal or child health services shall provide information that encourages breast-feeding to program participants who are pregnant women or mothers with infants.

American Academy of Pediatrics' Ten Steps to Support Parent's Choice to Breastfeed their Baby

1999

The full text can be found at
www.aap.org/healthtopics/breastfeeding.cfm

This pediatric practice enthusiastically supports parents' plans to breastfeed their baby. We believe that breastfeeding ensures the best possible health, development, and psycho-social outcomes for your baby. In support of this commitment, we:

1. Make a commitment to the importance of breastfeeding.
2. Train all physicians and office staff in skills necessary to support breastfeeding.
3. Inform women and families about the benefits and management of breastfeeding.
4. Schedule early follow-up visits for all newborns.
5. Show mothers how to breastfeed and how to maintain lactation during periods of separation from their babies.
6. Encourage breastfeeding on demand.
7. Use appropriate anticipatory guidance that supports exclusive breastfeeding until infants are approximately 6 months old and encourage continuation of breastfeeding as long as mutually desired by the mother and baby.
8. Support breastfeeding by providing accurate information about maternal issues.
9. Communicate support for breastfeeding in the office environment.
10. Expand the network of support for breastfeeding.

Texas Ten Steps for Hospitals to Support Breastfeeding

The Texas Hospital Association (THA) and the Texas Department of State Health Services (DSHS) together have developed the Texas Ten Step Hospital Program in an effort to improve the health of Texas mothers and infants by promoting breastfeeding.

Hospitals that are participating in the Ten Steps to Successful Breastfeeding:

1. Have a written breastfeeding policy that is routinely communicated to all health-care staff.
2. Train all health-care staff in skills necessary to implement this policy.
3. Inform all pregnant women about the benefits and management of breastfeeding.
4. Help mothers initiate breastfeeding within half an hour of birth (unless medically contraindicated).
5. Show mothers how to breastfeed and how to maintain lactation even if they should be separated from their infants.
6. Do not give newborn infants food or drink other than breast milk, unless medically indicated.
7. Practice rooming-in -- that is, mothers and infants to remain together -- 24 hours a day.
8. Encourage breastfeeding on demand (infant allowed unrestricted access to the breast and is fed when early signs of hunger are present).
9. Do not give artificial nipples (teats) or pacifiers (also called dummies or soothers) to breastfeeding infants.
10. Foster the establishment of breastfeeding support groups and refer mothers to them on discharge from the hospital or clinic.

The main points of the World Health Organization's Code on Marketing of Breast-milk Substitutes are:

- No advertising of these products to the public.
- No free samples to mothers.
- No promotion of products in health-care facilities.
- No company mother craft nurses (sales people dressing like health professionals) to advise mothers.
- No gifts or personal samples to health workers.
- No words or pictures idealizing artificial feeding, including pictures of infants, on the products.
- Information to health workers should be scientific and factual.
- All information on artificial feeding, including the labels, should explain the benefits of breastfeeding, and the costs and hazards associated with artificial feeding.
- Unsuitable products, such as condensed milk, should not be promoted for babies.
- All products should be of high quality and take into account the climatic and storage conditions of the country where they are used.

www.ibfan.org/english/resource/who/fullcode.html

