

# COMMUNITY BREASTFEEDING RESOURCE GUIDE

7th edition



This project is  
funded under a grant  
contract with the  
State of Tennessee.



**KNOX COUNTY  
TENNESSEE**

HEALTH DEPARTMENT



# Table of Contents

<b>Breastfeeding Recommendations</b> .....	4
<b>Get Started</b> .....	5
Preparing for baby	
<b>Get Help</b> .....	6
Common reasons to seek help	
Who's Who: Breastfeeding aid credentials and what they mean	
<b>Directory of Consultations, Classes and Basic Assistance</b> .....	7-9
<b>Pump Rentals and Supplies</b> .....	10
<b>Feeding Plan</b> .....	11
Talking to your employer	
Finding a child care center that supports breastfeeding	
<b>Breastfeeding Myths and Facts</b> .....	12
<b>Additional Resources</b> .....	13
<b>Mothers' Milk Bank of Tennessee</b> .....	14
<b>Your Rights as a Breastfeeding Mom</b> .....	15
Tennessee laws	
Breastfeeding Welcomed Here pledge	

# Breastfeeding Recommendations



**Initiate breastfeeding within one hour of birth**

**Exclusive breastfeeding for the first six months of life**

**Introduce foods at six months with continued breastfeeding up to two years and beyond if mom and baby wish to continue.**



**Scan this QR code to see the CDC's recommendations on introduction of foods:**



# Get Started

To breastfeed, you need only your breasts and your baby!

Here are some items you could have on hand to make breastfeeding easier:

5



## Breast pump

You may find having a breast pump beneficial when separated from your baby for work or travel. For more information about pumping, see page 8.



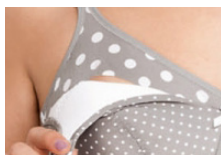
## Hot/cold compresses

Hot or cold compresses can be helpful in soothing sore breasts and helping with letdown.



## Nursing pads

Nursing pads are soft inserts for your bra or shirt to aid with leaks if needed.



## Nursing bras and camisoles

Nursing bras are made specifically for breastfeeding moms and have clasps to make on-demand feeding easier.



## Nipple cream

A hypoallergenic nipple cream can soothe and protect skin. If nipple cream is needed, ask a lactation consultant for recommendations.



## Common reasons to seek help

**A lactation consultant can help answer questions about:**

- Milk supply
- Pain or discomfort
- Positioning and/or latch
- Breast pump flange fit

**Insurance** usually covers lactation services. All hospitals that offer outpatient services and some independent providers in our area take insurance for visits.

**If you are concerned that your baby is losing weight, contact your pediatrician.**

## Who's Who

### Lactation credentials: Know who to ask

**IBCLC International Board Certified Lactation Consultants** are professionals with the highest level of lactation training and credential. IBCLCs are often healthcare professionals with additional clinical training in breastfeeding.

**CLS Certified Lactation Specialists** are health care providers such as registered nurses, registered dietitians, midwives, or physicians who have additional training in breastfeeding. This certification is a stepping stone to becoming an IBCLC.

**CBS Certified Breastfeeding Specialists** are trained in educating and supporting families through pregnancy and normal lactation. This certification is a stepping stone to becoming an IBCLC.

**CLC Certified Lactation Counselors** are trained to educate, support and communicate best breastfeeding practices and address common concerns.

**CLE Certified Lactation Educators** have received training in the support and education of breastfeeding and often lead group classes.

## Breastfeeding consultations, classes and basic assistance programs

### Private Practice

These providers offer a variety of prenatal and postpartum services. Contact each provider for more information about services and insurance coverage/payment options.

#### Blount County

##### For the Love of Lactation

Sarah Knapek, IBCLC  
[www.fortheloveoflactation.com](http://www.fortheloveoflactation.com)  
843-276-9489  
[sarah@fortheloveoflactation.com](mailto:sarah@fortheloveoflactation.com)  
Home visits, telehealth

##### Roots Wellness Collective

Piper Prach, RN, BSN, IBCLC  
[www.rootswellnesscollective.com](http://www.rootswellnesscollective.com)  
865-424-2628  
[piper@rootswellnesscollective.com](mailto:piper@rootswellnesscollective.com)  
Office and home visits, support group

#### Cocke County

##### Nurturing Mama Lactation

Ashley Chambers, LPN, CLS  
Facebook: Nurturing Mama Lactation  
423-207-2786  
[ashley@nmlactation.org](mailto:ashley@nmlactation.org)  
Office visits, group education (in person), lactation line (call/text)

#### Knox County

##### Dragonfly Lactation

Melanie Kondrat, IBCLC  
[www.dragonflylactation.com](http://www.dragonflylactation.com)  
865-268-3970  
[mkondrat@dragonflylactation.com](mailto:mkondrat@dragonflylactation.com)  
Office and home visits, telehealth

#### Knoxville Lactation Clinic

Lisa Paul, IBCLC  
[www.knoxvillelactationclinic.com](http://www.knoxvillelactationclinic.com)  
865-344-1788  
[lisa@knoxvillelactationclinic.com](mailto:lisa@knoxvillelactationclinic.com)  
Office visits, telehealth, group education (in person and virtual)

#### Cathy Raleigh, RN, IBCLC

865-308-2556  
[craleighy@gmail.com](mailto:craleighy@gmail.com)  
Home visits, telehealth, group education (in person)

#### Calani Lactation Services

Kristin Williams, IBCLC, RLC, BS  
[www.calanilactationservices.com](http://www.calanilactationservices.com)  
865-223-2684  
[calani.lactation@gmail.com](mailto:calani.lactation@gmail.com)  
Office and home visits, telehealth, group education (in person), free support groups

#### Milk+Honey Lactation Services, LLC

Jade Potter, RN, IBCLC and  
Natasha Carr, CCMA, CLC  
[www.milkhoneylactationservices.com](http://www.milkhoneylactationservices.com)  
865-505-0880  
[info@milkhoneylactationservices.com](mailto:info@milkhoneylactationservices.com)  
Office visits, telehealth, group education (in person and virtual)

#### Catherine Quintero, MA, CCC-SLP, CBS

865-224-0750  
Home visits, telehealth



## Knox County (Cont.)

### Integrative Breastfeeding Consultants

Candy Scarbrough, IBCLC  
 Facebook: Integrative  
 Breastfeeding Consultants -  
 Candy Scarbrough  
 865-934-9679  
[Candyscarbroughibclc@gmail.com](mailto:Candyscarbroughibclc@gmail.com)  
 Home visits, telehealth, group  
 education (in person and virtual)

### Rose Lactation Services

Genevieve Bower, IBCLC  
[roselactationservices.com](http://roselactationservices.com)  
 865-309-1793 (call/text)  
 Home visits, telehealth, group  
 education (in person and virtual)

## Sevier County

### East Tennessee Lactation

Mandy Rodgers, IBCLC, CLS  
[etnlactation.com](http://etnlactation.com)  
 865-809-3251  
[mandy@etnlactation.com](mailto:mandy@etnlactation.com)  
 Office and home visits, group  
 education (in person), support group

## Other Outpatient

### Shults Pediatrics

(Must be an established patient  
 to receive lactation care)  
 Rebekah Reid, RN, IBCLC  
[shultspediatrics.com](http://shultspediatrics.com)  
 865-670-1560  
[rsreid@summithealthcare.com](mailto:rsreid@summithealthcare.com)  
 Office visits

### Cherokee Health System

#### Breastfeeding Medicine Clinic

Dr. Sarah Beth Eriksen  
[www.cherokeehealth.com](http://www.cherokeehealth.com)  
 865-910-6000  
[sarah.eriksen@cherokeehealth.com](mailto:sarah.eriksen@cherokeehealth.com)  
 Office visits

## Health Departments

Contact your county health department for information about  
 the WIC program and other local breastfeeding resources.  
 If your county is not listed, resources may still be available.

### Anderson County Health Department

865-425-8800

### Blount County Health Department

865-983-4582

[deanna.fields@tn.gov](mailto:deanna.fields@tn.gov)

### Campbell County Health Department

865-203-0707

### Jefferson County Health Department

865-397-3930

### Knox County WIC Office

865-839-2733

[robin.penegar@knoxcounty.com](mailto:robin.penegar@knoxcounty.com)

### Loudon County Health Department

865-458-2514

### Scott County Health Department

865-203-0707

### Sevier County Health Department

865-453-1032



## Hospitals

Call for more information on prenatal and postpartum lactation support services and classes.

### **Anderson County**

**Methodist Medical Center  
of Oak Ridge**

865-835-4662

### **Blount County**

**Blount Memorial Hospital**

865-977-5555

---

### **Knox County**

**Fort Sanders Regional Medical Center**

865-673-3678

[www.covenanthealth.com/fort-sanders-regional-teddy-bear-university-schedule](http://www.covenanthealth.com/fort-sanders-regional-teddy-bear-university-schedule)

**Parkwest Medical Center**

865-374-7275

<https://www.covenanthealth.com/teddy-bear-university/>

**University of Tennessee Medical Center**

865-305-9300

[www.utmedicalcenter.org/events](http://www.utmedicalcenter.org/events)

---

## Support Groups

These groups are open to mothers at all stages of pregnancy and breastfeeding. Contact the group leader for meeting details.

**La Leche League of Oak Ridge**

865-456-1996

[rrenegar1@gmail.com](mailto:rrenegar1@gmail.com)

<http://www.facebook.com/LLLOakRidge>

LLLOakRidge

**Knox Breastfriends Group**

**(In-person, virtual, and Facebook)**

Sarah Edwards: 865-679-2801

(Voice and text)

Laura Petit: 865-556-4674

(Voice and text)

**Catholic Charities of East Tennessee Lactation Support Group**

865-212-4942

[ilambert@ccetn.org](mailto:ilambert@ccetn.org)

# Pump Rentals and Supplies

Most insurance companies cover the cost of a breast pump. If your plan does not, breast pumps can be rented. Pumping helps continue breastfeeding once you return to work, school or are away from your baby for an extended time.

These locations offer personalized instruction for proper pump use and hand expression.

## Breast Pump Resources and Assistance

**WIC Offices:** The Tennessee WIC Program offers breast pumps to eligible participants under special circumstances. Contact your county WIC office for more information.

**A Mother's Gift Lactation Consultant Services, Roane County.** . 865-483-4536

**Blount Memorial Hospital** . . . . . 865-977-5555

## Breast Pump Insurance Coverage Support

**Aeroflow Breastpumps** . . . . . [breastpumps.aeroflowinc.com](http://breastpumps.aeroflowinc.com)

Aeroflow offers an easy application to help your insurance company communicate with your healthcare provider for coverage.

## Milk Storage and Safety for Full-Term Infants

### Human Milk Storage General Guidelines: Storage Locations and Temperatures

Types of breast milk ↓	Countertop 77°F or colder (25°C) Room temp.	Insulated Cooler With ice packs	Refrigerator 40°F (4°C)	Freezer 0°F or colder (-18°C)
<b>Freshly expressed or pumped</b>	Up to 4 hours	Up to 24 hours	Up to 4 days	Within 6 months is best. Up to 12 months is acceptable.
<b>Thawed, previously frozen</b>	1-2 hours	—	Up to 1 day (24 hours)	Never refreeze human milk after it has been thawed.
<b>Left over from a feeding (baby didn't finish bottle)</b>	Use within 2 hours after baby is finished feeding.	—	—	—

These guidelines are for healthy, full-term babies and may vary for premature or sick babies.  
Source: CDC, 2019.

## Tips for Going Back to Work

- Prior to returning to work, ask your employer about a lactation room and breaks needed for pumping.
- Identify a refrigerator for breastmilk.
- Practice feeding your baby expressed milk from a bottle before returning to work. Ask a lactation consultant about the transition.
- This three-part series can help moms make informed decisions on how to prepare to breastfeed once they return to work. All three modules can be shared with employers to advocate for a supportive, clean environment. Review the modules at [knoxcounty.org/health/breastfeeding.php](http://knoxcounty.org/health/breastfeeding.php)



### Child Care Questions

**Before baby arrives, research child care centers to ensure they will support your goals for breastfeeding.**

**Some questions you can ask include:**

- *Do you have a breastfeeding policy and are staff members trained to follow the policy?*
- *Can I come to the site to breastfeed during the day?*
- *How do staff members store and prepare breast milk?*
- *Do staff members feed babies as soon as they see feeding cues?*



## **Most mothers do not produce enough milk.**

**Myth!** Moms may feel like they do not make enough milk, but only 2-5 percent of moms who breastfeed have low milk supply. Moms can make enough milk with any size breasts.

## **Breastfeeding can reduce a mother's risk of developing certain cancers.**

**Fact!** Research has shown the longer you breastfeed, the lower your risk for ovarian, breast and cervical cancer.

## **You should space out your feedings so your breasts have time to refill.**

**Myth!** As demand for milk increases, milk supply increases.

## **You should stop breastfeeding when your child turns 2 years old.**

**Myth!** Breastfeeding is beneficial regardless of age. The right time to stop breastfeeding is decided by the mother and child.

## **Breastfeeding can help moms lose weight.**

**Fact!** Breastfeeding can burn up to 500 calories in one day, which can help moms lose weight.

## **Breastfeeding moms get less sleep.**

**Myth!** Research has shown that breastfeeding moms get the same amount of sleep as moms who use formula or a combination of breastfeeding and formula.

# Additional Resources

13

## Breastfeeding and Medication

Talk to your provider and visit:

- LactMed** <https://www.ncbi.nlm.nih.gov/books/NBK501922/>  
**InfantRisk Center** <https://www.infantrisk.com/about-infantrisk-center>

## Coalitions and Associations

- Tennessee Breastfeeding Coalition** <facebook.com/tnbreastfeeds/>  
**East Tennessee Breastfeeding Coalition** 865-215-5170  
**East Tennessee Lactation Consultant Association** 865-207-3430  
<Facebook.com/EastTNLCA>

## National Online Sources

- La Leche League** <facebook.com/LaLecheLeagueUSA/>  
**1,000 Days Breastfeeding USA** <facebook.com/1000Days/>  
<facebook.com/BreastfeedingUSA/>

## Breastfeeding Welcomed Here Pledge

**Find local businesses and day care centers that support breastfeeding.**

[tn.gov/health/health-program-areas/fhw/bf/breastfeeding-welcomed-here](http://tn.gov/health/health-program-areas/fhw/bf/breastfeeding-welcomed-here)

## Donate Milk

- Mothers' Milk Bank of Tennessee** [info@milkbanktn.org](mailto:info@milkbanktn.org)  
615-933-8877  
**Contemporary Women's Health** [cwhobgyn.com](http://cwhobgyn.com)  
865-540-1650



# Helping

# Tennessee Babies

# Survive and Thrive

Mothers' milk is the best nutrition for newborns. But some babies don't have access to their mother's milk. With the support of moms like you, Mothers' Milk Bank of Tennessee helps these vulnerable babies get the life-saving nutrition they need.

## LOVE IN EVERY DROP



Prospective milk donors complete an application, medical screening, obtain physician's consent and have a blood work covered by MMBTN. Learn more at [milkbanktn.org/donate-milk](http://milkbanktn.org/donate-milk).



After approval, donors deliver their milk frozen to one of MMBTN's Milk Drop Depots located throughout Tennessee. Find a location near you at [milkbanktn.org/depot](http://milkbanktn.org/depot).



Donor milk is then transferred to MMBTN's pasteurization facility in Murfreesboro.



Once milk is pasteurized and screened, it is then bottled and shipped to NICUs in Tennessee and fed to fragile babies.

Mothers are encouraged to breastfeed on demand.

## Tennessee law protects a mother's right to breastfeed in public, in private and at work.

**TCA 68-58-101:** A mother has a right to breastfeed her child in any location, public or private, where the mother and child are otherwise authorized to be.

**TCA 68-58-102:** Breastfeeding shall not be considered public indecency or nudity, obscene, or sexual conduct.

**TCA 68-58-103:** Local governments shall not prohibit breastfeeding in public by local ordinance.

**TCA 50-1-305:** Employers must accommodate breastfeeding mothers at work. This protects unpaid break time for milk expression and requires employers to make a reasonable effort to provide a private location, other than a bathroom, for expression.

### Servicios de apoyo a la lactancia materna en español

Cada lugar mencionado tiene a una especialista capacitada en lactancia materna, para responder a sus preguntas básicas sobre la lactancia. Muchos de estos lugares tienen servicios de interpretación.

Si necesita ayuda para elegir uno de ellos o ayuda inmediata para lactancia materna, llame a Tennessee Breastfeeding Hotline 855-423-6667.




For more information and resources, visit <https://knoxcounty.org/health/breastfeeding.php>



**TENNESSEE**  
Breastfeeding Hotline

855-423-6667  
**855-4BF-MOMS**

24 hours a day / 7 days a week



Línea de ayuda de  
Tennessee para la  
lactancia materna

855-423-6667  
**855-4BF-MOMS**

24 horas al día / 7 días a la semana



**KNOX COUNTY**  
**TENNESSEE**  
HEALTH DEPARTMENT