

## What types of support are available to breastfeeding mothers?

### International Board Certified Lactation Consultants (IBCLC)

Professionals specialized in providing evidence-based management of breastfeeding including preventative care, education and therapeutic treatment.

### Certified Lactation Counselors (CLC)

Able to provide safe, evidence-based breastfeeding support and assistance.

### Certified Lactation Educators (CLE)

Qualified to provide normal breastfeeding support and teach the public about breastfeeding.

### La Leche League Leaders (LLL)

A mother with specific breastfeeding and parenting experience as well as breastfeeding training for the support of normal breastfeeding.

### Breastfeeding Peer Counselors (BPC)

A mother with training for the counseling and support of normal breastfeeding.

## How do I choose?

Every resource listed has a specially trained breastfeeding counselor on staff who can answer your basic breastfeeding questions.

If you are experiencing breastfeeding difficulty, **an IBCLC will be able to provide the most comprehensive care.**

For assistance selecting a community resource or for immediate breastfeeding assistance, call the Tennessee Breastfeeding Hotline.



## 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, al 855-423-6667.

### Servicios de apoyo en español

Estos servicios se dan en español, sin intérprete.

#### Condado de Knox

Baby + Co. 865-264-2080

#### Condado de Jefferson

Cherokee Health Systems – Talbott 423-587-7337  
La enfermera de práctica avanzada, especialista en lactancia, habla español.

#### Condados de Loudon

Mamás lactantes 865-458-2514  
Grupo de apoyo de mamás que hablan español. 865-228-4450  
Un buen lugar para conocer a otras madres y recibir ayuda.

## Brought to you by the

KNOX COUNTY  
**Health Department**



Every Person, A Healthy Person

For updates or suggestions, please contact  
Community Health at the Knox County Health Department.  
865-215-5170

### East Tennessee Lactation Consultant Association

865-207-3430

### East Tennessee Breastfeeding Coalition

etnbfc@gmail.com

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



Department of  
**Health**



#### Breastfeeding Welcomed Here

Area businesses that  
pledge to support  
breastfeeding are listed at  
[tn.gov/health/article/  
breastfeeding-  
welcomedHere](http://tn.gov/health/article/breastfeeding-welcomedHere)



# Community Breastfeeding Resources

3<sup>rd</sup>  
Ed.

# Breastfeeding Consultations

For resolving breastfeeding complications

## IBCLC Office Consultations

Outpatient visits for breastfeeding assistance.

Anderson	
Oak Ridge Pediatric	865-482-4088
Blount	
Blount Memorial Hospital	865-977-5555
Knox	
Baby + Co.	865-264-2080
Knox County WIC Program	865-215-5060
Lisa Paul, IBCLC	865-582-6585
Tennova Physicians Regional Medical Center	865-545-3325
University of Tennessee Medical Center	865-305-9300
Jefferson	
Cherokee Health Systems – Talbott	423-587-7337

## Home Visits

For in-home breastfeeding assistance.

Knox & Surrounding Counties	
Calani Lactation Services (IBCLC)	865-223-2684
Candy Scarbrough, IBCLC	865-934-9679
Genesis Lactation Counseling & Services (CLC)	865-705-2204
Kim Sebeck, CLC	865-705-7734
Lisa Paul, IBCLC	865-582-6585

## IBCLC Hospital Consultations

For mothers and babies admitted to the hospital.

Anderson	
Methodist Medical Center of Oak Ridge	865-835-2268
Blount	
Blount Memorial Hospital	865-977-5555
Knox	
East Tennessee Children's Hospital	865-541-8680
Fort Sanders Regional Hospital	865-331-1962
Parkwest Medical Center	865-373-4081
Tennova Physicians Regional Medical Center	865-545-3325
University of Tennessee Medical Center	865-305-9831

# Breastfeeding Support

For basic breastfeeding assistance

## Prenatal Breastfeeding Classes

To help you to prepare for breastfeeding.

Anderson	
Methodist Medical Center of Oak Ridge	865-835-2268
Blount	
Blount County Health Department	865-983-4582
Jefferson	
Jefferson County Health Department	865-397-3930
Knox	
Calani Lactation Services (IBCLC)	865-223-2684
Fort Sanders Regional Hospital	865-673-3678
Genesis Lactation Counseling & Services (CLC)	865-705-2204
Knox County WIC Program	865-215-5060
Lisa Paul, IBCLC	865-582-6585
Parkwest Medical Center	865-374-7275
Tennova Physicians Regional Medical Center	855-836-6682
University of Tennessee Medical Center	865-305-9300

## Breastfeeding Support Groups

Led by trained breastfeeding counselors, groups provide opportunities for breastfeeding mothers to connect with each other.

Anderson	
Anderson County Breastfeeding Support Group	865-425-8757
La Leche League of Oak Ridge	865-483-8111
Mommy2Mommy	865-835-2268
Blount	
Blount's Bellies to Bosoms	865-983-4582
Hamblen	
Hamblen County Health Department	423-586-6431
Jefferson & Surrounding Counties	
La Leche League of Five Rivers	865-361-9773
Knox	
Calani Lactation Services (IBCLC)	865-223-2684
Genesis Lactation Counseling & Services	865-705-2204
Knox Breastfriends	865-215-5060
La Leche League of Knoxville	865-599-6648
Loudon	
Nursing Mamas	865-458-2514
Sevier	
Sevier County Breastfeeding Support Group	865-453-1032

# Additional Resources

## WIC Breastfeeding Peer Counselor Services

Additional breastfeeding support for WIC participants.

Anderson County Health Department	865-425-8804
Blount County Health Department	865-983-4582
Campbell County Health Department	423-562-8351
Cocke County Health Department	423-623-8733
Hamblen County Health Department	423-586-6431
Jefferson County Health Department	865-397-3930
Knox County Health Department	865-215-5060
Loudon County Health Department	865-458-2514
Monroe County Health Department	423-442-3993
Sevier County Health Department	865-453-1032

## Breast Pump Rentals & Supplies

These locations offer personalized instruction for proper pump use.

Anderson	
A Mother's Gift	865-483-4536
Blount	
Blount Memorial Hospital	865-977-5555
Knox	
University of Tennessee Medical Center	865-305-9831
The Tennessee WIC Program	

The TN WIC program also offers breast pumps on loan to WIC participants with special circumstances. Call your local health department for more information.

## Tennessee Laws Protecting Public Breastfeeding

Mothers are encouraged to breastfeed on demand. Tennessee law protects a mother's right to breastfeed in public and private.

State Laws	
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 68-58-101)	
The act of breastfeeding shall not be considered public indecency, nudity, obscene, or sexual conduct. (TCA 68-58-102)	
Employers must accommodate breastfeeding mothers at work. (TCA 50-1-305)	
This protects daily unpaid break time for milk expression. Employers are required to make a reasonable effort to provide a private location, other than a bathroom, for milk expression.	