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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.

Follow this QR code to see the CDC’s recommendations on introduction of foods.
Congratulations on your choice to breastfeed!

Moms have found prenatal breastfeeding classes, general breastfeeding guidance, or individual sessions are helpful for preparation. Contact any of the resources below for pricing, information and scheduling information.

<table>
<thead>
<tr>
<th>Anderson County</th>
<th>Blount County</th>
</tr>
</thead>
<tbody>
<tr>
<td>Methodist Medical Center of Oak Ridge</td>
<td>Blount County Health Department</td>
</tr>
<tr>
<td>865-835-4662</td>
<td>865-983-4582</td>
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<tr>
<td></td>
<td>Blount Memorial Hospital</td>
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<tr>
<td></td>
<td>865-977-5555</td>
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<tr>
<th>Campbell County</th>
<th>Jefferson County</th>
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<tr>
<td>Campbell County Health Department</td>
<td>Jefferson County Health Department</td>
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<tr>
<td>865-203-0707</td>
<td>865-397-3930</td>
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<table>
<thead>
<tr>
<th>Knox County</th>
<th>The Breastfeeding Center of East TN</th>
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<tbody>
<tr>
<td>Knoxville Lactation Clinic</td>
<td></td>
</tr>
<tr>
<td>Lisa Paul, IBCLC</td>
<td>865-934-9679, 865-223-2684</td>
</tr>
<tr>
<td>865-582-6585</td>
<td>facebook.com/TheBreastfeedingCenterofEastTennessee</td>
</tr>
<tr>
<td><a href="mailto:lisa@knoxvillelactationclinic.com">lisa@knoxvillelactationclinic.com</a></td>
<td>(Classes in office, virtual, and home consults)</td>
</tr>
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<table>
<thead>
<tr>
<th>Calani Lactation Services</th>
<th>Parkwest Medical Center</th>
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</thead>
<tbody>
<tr>
<td>Kristin Williams, IBCLC</td>
<td>865-374-7275</td>
</tr>
<tr>
<td>865-223-2684</td>
<td>covenanthealth.com/2019-parkwest-tbu-schedule</td>
</tr>
<tr>
<td>calanilactationservices.com</td>
<td></td>
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<thead>
<tr>
<th>Genesis Lactation Counseling &amp; Services</th>
<th>Sulack Health and Wellness</th>
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</thead>
<tbody>
<tr>
<td>Ashley Georgakopoulos, IBCLC</td>
<td>Candy Scarbrough, IBCLC</td>
</tr>
<tr>
<td>865-705-2204</td>
<td>865-938-1070</td>
</tr>
<tr>
<td>genesislactation.com</td>
<td>sulack.com</td>
</tr>
</tbody>
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<thead>
<tr>
<th>Breastfeeding Consultants</th>
<th>University of Tennessee Medical Center</th>
</tr>
</thead>
<tbody>
<tr>
<td>Candy Scarbrough, IBCLC</td>
<td>865-305-9300</td>
</tr>
<tr>
<td>865-934-9679</td>
<td>utmedicalcenter.org/center-for-women-and-infants/medical-services/breastfeeding</td>
</tr>
<tr>
<td>bfhelp.com</td>
<td></td>
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<tr>
<th>Scott County</th>
<th>Pregnancy Help Center</th>
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</thead>
<tbody>
<tr>
<td>Scott County Health Department</td>
<td>865-212-4942</td>
</tr>
<tr>
<td>865-203-0707</td>
<td><a href="mailto:phc@ccctn.org">phc@ccctn.org</a></td>
</tr>
</tbody>
</table>
To breastfeed, you need only your breasts and your baby!

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

**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 pack**
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.
Get Help

Common reasons to seek help

If you are concerned about any of the following, consult a lactation professional.

**Milk supply**  Babies should have at least 6 wet diapers or no fewer than 4 stools in a 24-hour period after the second week of life. In general, a baby gaining weight is a good sign of adequate milk supply.

**Pain**  It may feel uncomfortable at first, but pain is not normal.

**Poor positioning and/or latch**  If you hear a clicking noise while baby is trying to nurse, try a new position.

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

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

Breastfeeding consultations, classes and basic assistance programs are available at home or in office.

**Home Visits Only**

**Genesis Lactation Counseling & Services**  
Ashley Georgakopoulous, IBCLC  
865-705-2204  
Currently virtual visits only

**Hey Mama Breastfeeding Support**  
Jean Bonnyman, IBCLC  
865-382-0851  
jwbonnyman@comcast.net

**Milk+ Honey Lactation services**  
Jade Brodersen, RN, CLS  
865-505-0880 call/text  
www.milkhoneylactation-services.com  
Home, virtual, and tele consults

**Pat Steimer, RN, IBCLC, LCCE**  
865-207-3430  
Call or text message

**Office Visits Only**

**University of Tenn. Medical Center**  
865-305-9337  
utmedicalcenter.org/medical-care/centers-of-excellence/women-infants/pregnancy-and-childbirth/breastfeeding

**Knox County WIC Office**  
865-839-2733  
robin.penegar@knoxcounty.org

**Methodist Medical Center of Oak Ridge**  
865-835-2268  
cstallin@covhealth.com

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

**Pregnancy Help Center**  
865-212-4942  
phc@ccetn.org PHC  
Office and virtual visits
Lactation consult credentials: Know who to ask

**IBCLC** International Board Certified Lactation Consultants (IBCLC) 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 (CLS) is a healthcare provider such as a registered nurse, registered dietitian, midwife or physician who has additional training in breastfeeding. This certification is a stepping stone to becoming an IBCLC.

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

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

Consultations, classes and programs available at home, in the office or over the phone.

**Home and Office Visits**
**Calani Lactation Services**
Kristin Williams, IBCLC
865-223-2684
calanilactationservices.com

**Knoxville Lactation Clinic**
Lisa Paul, IBCLC
865-582-6585
lisa@knoxvillelactationclinic.com

**Breastfeeding Consultants**
Candy Scarbrough, IBCLC
865-934-9679
bfhelp.com

**Positive Breastfeeding**
Cathy Raleigh, RN, IBCLC
865-308-2556

**Telephone Support**
**Knox County WIC Office for WIC-eligible participants**
robin.penegar@knoxcounty.org
865-839-2733

**Tenn. Breastfeeding Hotline 24 hours**
855-423-6667 (855-4BFMOMS)

**Support Groups**
**Anderson County**
La Leche League of Oak Ridge
865-483-8111

Mommy2Mommy
865-835-2268

Hamblen County
Hamblen County Health Department
423-586-6431

Knox County
Knox Breastfriends Group
robin.penegar@knoxcounty.org
865-839-2733

La Leche League of Knoxville
702-290-3089

Positive Breastfeeding
865-308-2556

Pregnancy Help Center
865-212-4942

Loudon County
Loudon County Health Department
865-458-2514

Sevier County
Sevier County Health Department
865-453-1032
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, Anderson County ....................... 865-483-4536  
Blount Memorial Hospital ............................. 865-977-5555  

**Pregnancy Help Center** offers help obtaining breastpumps for those who qualify for their program.

**Breast Pump Insurance Coverage Support**

Aeroflow Breastpumps ...................... 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**

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

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

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.
## Breastfeeding and Medication

Talk to your provider and visit

<table>
<thead>
<tr>
<th>LactMed</th>
<th>toxnet.nlm.nih.gov/newtoxnet/lactmed.htm</th>
</tr>
</thead>
<tbody>
<tr>
<td>mommymeds</td>
<td>mommymeds.com</td>
</tr>
<tr>
<td>InfantRisk Center</td>
<td>infantrisk.com</td>
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</table>

## Coalitions and Associations

<table>
<thead>
<tr>
<th>Tennessee Breastfeeding Coalition</th>
<th>facebook.com/tnbreastfeeds/</th>
</tr>
</thead>
<tbody>
<tr>
<td>East Tennessee Lactation Consultant Association</td>
<td>865-207-3430 Facebook.com/EastTNLCA</td>
</tr>
</tbody>
</table>

## National Online Sources

<table>
<thead>
<tr>
<th>La Leche League</th>
<th>facebook.com/LaLecheLeagueUSA/</th>
</tr>
</thead>
<tbody>
<tr>
<td>1,000 Days</td>
<td>facebook.com/1000Days/</td>
</tr>
<tr>
<td>Breastfeeding USA</td>
<td>facebook.com/BreastfeedingUSA/</td>
</tr>
</tbody>
</table>

## 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

<table>
<thead>
<tr>
<th>Mothers’ Milk Bank of Tennessee</th>
<th><a href="mailto:info@milkbanktn.org">info@milkbanktn.org</a> 615-933-8877</th>
</tr>
</thead>
<tbody>
<tr>
<td>Knoxvile Lactation Clinic</td>
<td>knoxvillelactationclinic.com <a href="mailto:lisa@knoxvillelactationclinic.com">lisa@knoxvillelactationclinic.com</a> 865-582-6585</td>
</tr>
<tr>
<td>Contemporary Women’s Health</td>
<td>cwhobgyn.com 865-540-1650</td>
</tr>
</tbody>
</table>

Information in this guide is from a set of professional resources and is available upon request.
The Law

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 maternal en español

Cada lugar mencionado tiene a una especialista capacitada en lactancia maternal, 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 maternal, llame a Tennessee Breastfeeding Hotline 855-423-6667.