

COMMUNITY BREASTFEEDING RESOURCE GUIDE

4th edition



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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.



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.

Anderson County
Methodist Medical Center
of Oak Ridge
865-835-2268

Blount County
Blount County Health Department
865-983-4582

Campbell County
Campbell County Health Department
865-203-0707

Jefferson County
Jefferson County Health Department
865-397-3930

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

Fort Sanders Regional Hospital
865-673-3678
covenanthealth.com/2019-fort-sanders-regional-schedule

Calani Lactation Services
Kristin Williams, IBCLC
865-223-2684
calanilactationservices.com

Parkwest Medical Center
865-374-7275
covenanthealth.com/2019-parkwest-tbu-schedule

Genesis Lactation Counseling & Services
Ashley Georgakopoulos, IBCLC
865-705-2204
genesislactation.com

Sulack Health and Wellness
Candy Scarbrough, IBCLC
865-938-1070
sulack.com

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

University of Tennessee Medical Center
865-305-9300
utmedicalcenter.org/center-for-women-and-infants/medical-services/childbirth-services/breastfeeding

Scott County
Scott County Health Department
865-203-0707

Pregnancy Help Center
865-212-4942
emeiners@ccetn.org

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.

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.

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

Home Visits Only

Calani Lactation Services

Kristin Williams, IBCLC
865-223-2684
calanilactationservices.com

Genesis Lactation Counseling & Services

Ashley Georgakopoulos, IBCLC
865-705-2204
genesislactation.com

Hey Mama Breastfeeding Support

Jean Bonnyman, IBCLC
865-382-0851
jwbonnyman@comcast.net

Pat Steimer, RN, IBCLC, LCCE

865-207-3430
Call or text message

Office Visits Only

University of Tennessee Medical Center

865-305-9337
utmedicalcenter.org/medical-care/centers-of-excellence/women-infants/pregnancy-and-childbirth/breastfeeding

Knox County WIC Office

865-215-5060

Methodist Medical Center of Oak Ridge

865-835-2268

Blount Memorial Hospital

865-977-5555

Pregnancy Help Center

865-212-4942

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

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
865-215-5060

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

Support Groups

Anderson County

La Leche League of Oak Ridge
865-483-8111

Mommy2Mommy

865-835-4662

Hamblen County

Hamblen County Health Department
423-586-6431

Knox County

Knox Breastfriends Group
865-215-5060

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

8 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.

- University of Tennessee Medical Center** 865-305-9831
- A Mother's Gift, Anderson County** 865-483-4536
- Blount Memorial Hospital** 865-977-5555

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

	Countertop 77°F or colder (25°C)	Refrigerator 40°F (4°C)	Freezer 0°F or colder (-18°C)
Types of breast milk	Room temperature		
Freshly expressed or pumped	Up to 4 hours	Up to 4 days	Within 6 months is best. Up to 12 months is acceptable.
Thawed, previously frozen	1-2 hours	Up to 1 day (24 hours)	Never refreeze human milk after it has been thawed.

Left over from a feeding (baby didn't finish bottle) 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.
- Encourage your baby to drink 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 **LactMed** toxnet.nlm.nih.gov/newtoxnet/lactmed.htm

Coalitions and Associations

Tennessee Breastfeeding Coalition facebook.com/tnbreastfeeds/

East Tennessee Lactation Consultant Association 865-207-3430
Facebook.com/EastTNLCA

National Online Sources

La Leche League facebook.com/LaLecheLeagueUSA/

1,000 Days facebook.com/1000Days/

Breastfeeding USA 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

Donate Milk

Mothers' Milk Bank of Tennessee info@milkbanktn.org
615-933-8877

Knoxville Lactation Clinic knoxvillelactationclinic.com
lisa@knoxvillelactationclinic.com
865-582-6585

Contemporary Women's Health cwhobgyn.com
865-540-1650

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.

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