

COMMUNITY BREASTFEEDING RESOURCE GUIDE

8th edition



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**KNOX COUNTY
TENNESSEE**

HEALTH DEPARTMENT

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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.**



**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:

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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.



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
843-276-9489
sarah@fortheloveoflactation.com
Home visits, telehealth

Mora Wellness

Piper Prach, RN, BSN, IBCLC
www.morawellness.health
865-424-2628
piper@morawellness.health
Office and home visits, telehealth, group education (in person), support group

Cocke County

Nurturing Mama Lactation

Ashley Chambers, LPN, CLS
<https://www.facebook.com/profile.php?id=100089223635976&mibextid=LQQJ4d>
423-207-2786
ashley@nmlactation.org
Office visits, group education (in person), lactation line (call/text)

Hamblen County

Rose Lactation Services

Genevieve Bower, IBCLC
roselactationservices.com
865-309-1793 (call/text)
Office and home visits, telehealth, group education (in person and virtual)

Knox County

Dragonfly Lactation

Melanie Kondrat, IBCLC
www.dragonflylactation.com
865-268-3970
mkondrat@dragonflylactation.com
Office and home visits, telehealth

Knoxville Lactation Clinic

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

Cathy Raleigh, RN, IBCLC

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

Calani Lactation Services

Kristin Williams, IBCLC, RLC, BS
www.calanilactationservices.com
865-223-2684
info.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; Natasha Carr, CCMA, CLS; & Kendall Keeter, IBCLC
www.milkhoneylactationservices.com
865-505-0880
info@milkhoneylactationservices.com
Office visits, home visits (newborn only), telehealth, group education (in person and virtual)

Knox County (Cont.)

Integrative Breastfeeding Consultants

Candy Scarbrough, IBCLC and Anna Hunley CLC

<https://www.facebook.com/breastfeedingconsultantcandyscarbroughibclc/>

865-934-9679 (Candy)

865-936-6455 (Anna)

Candyscarbroughibclc@gmail.com

annahunleylactation@gmail.com

Office and home visits, telehealth, group education (in person and virtual)

Lactation and Pediatric Oral Dysfunction Consultants, LLC

Catherine Quintero, MA, CCC-SLP, IBCLC

www.lactationpodconsultants.com

865-224-0750

cquintero@lactationpodconsultants.com

Office and home visits, telehealth

Hey, Mama! Breastfeeding Support

Jean Bonnyman, IBCLC

865-382-0851

jwbonnyman@icloud.com

Home visits, group education (in person and virtual), individual prenatal education

Drink Deeply Lactation, LLC

Kayla Swilling, BS, RN, IBCLC, CLS

www.drinkdeeplylactation.com

865-297-2190

kayla@drinkdeeplylactation.com

Home visits, telehealth

Deaf welcome

Sevier County

East Tennessee Lactation

Mandy Rodgers, IBCLC, CLS

etnlactation.com

865-809-3251

mandy@etnlactation.com

Office and home visits, telehealth, support group

Other Outpatient

Shults Pediatrics (must be an established patient to receive lactation care)

Rebekah Reid, RN, IBCLC

shultspediatrics.com

865-670-1560

rsreid@summithealthcare.com

Office visits, milk bank depot

Cherokee Health System Breastfeeding

Medicine Clinic

Dr. Sarah Beth Eriksen

www.cherokeehealth.com

865-910-6000

sarah.eriksen@cherokeehealth.com

Office visits for comprehensive lactation and infant care

Catholic Charities of East Tennessee

865-212-4942

ilambert@ccetn.org

Office visits, group education (in person and virtual)

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

Campbell County Health Department

423-562-8351

Jefferson County Health Department

865-397-3930

Knox County Health Department

865-839-2733

robin.penegar@knoxcounty.com

Loudon County Health Department

865-458-2514

Scott County Health Department

423-663-2445

Sevier County Health Department

865-453-1032

Hospitals

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

Fort Sanders Regional Medical Center

865-673-3678

<https://www.covenanthealth.com/fort-sanders-regional/teddy-bear-university-schedule/>

Parkwest Medical Center

865-374-7275

<https://www.covenanthealth.com/parkwest/services/childbirth-center/teddy-bear-university-schedule/>

University of Tennessee Medical Center

865-305-9300

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

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

Knox Breastfriends Group

(Facebook group, virtual and in person meetings, also, voice or text)

Sarah Edwards: 865-679-2801

Laura Petit: 865-556-4674

Adrian Goins: 865-440-2921

Maria Lopez: 865-440-3106

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

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)
Freshly expressed or pumped	Up to 4 hours	Up to 24 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.
- 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.

Additional Resources

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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

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

Contemporary Women's Health 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.

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.

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.

The Law

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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, including KCHD's free breastfeeding education videos, scan code.



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



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