

Breastfeeding Support Services

Jefferson Health offers breastfeeding support to all mothers. International Board Certified Lactation Consultants (IBCLC) and Certified Breastfeeding Counselors (CBC) are available to help mothers achieve their breastfeeding goals while in the hospital as well as after discharge via phone support.



Jefferson's Warm Line

Jefferson's Warm Line is available for non-urgent breastfeeding questions you may have once discharged from the hospital. Call 215-955-6665, leave a short message, and a Jefferson lactation consultant will return your call within 24-48 hours. For immediate medical concerns call your healthcare provider.

New Mother Support Group

Jefferson's Breastfeeding and Pumping Mothers Support Group meets every Tuesday from 12 to 1 p.m. at 833 Chestnut Street, Suite 301. No reservation is required and there is no fee to participate. Visit our web page for more information about this program.

Reasons to Contact an IBCLC/Lactation Consultant

- Difficulty latching and sustaining the latch
- Nipples are cracked, bleeding or excessively sore
- Concerns about low milk supply or oversupply
- Engorgement or symptoms of mastitis
- Questions about supplementing
- History of breast surgery
- Preterm or premature infant
- Any concerns about breastfeeding

Or if your baby

- Is sleepy and not feeding frequently enough
- Is not wetting/soiling diapers enough (refer to feeding log)
- Cries or feeds "all of the time"
- Experiences inadequate weight gain

Online Breastfeeding Support Resources

- Kellymom.com
- LLLI.org (La Leche League)
- PRO-LC.org
- ILCA.org
- USLCA.org
- FirstDroplets.com
- LowMilkSupply.com

To find an IBCLC online, visit the International Lactation Consultant Association (ILCA.org) or the Pennsylvania Resource Organization for Lactation Consultants (PRO-LC.org) and click "Find a Lactation Consultant."

Many insurance providers will reimburse for lactation services. Check with your insurance company to inquire about reimbursements for classes, pumps and outpatient lactation visits.

Additional Resources

- Pennsylvania Women, Infants and Children (WIC) provides qualifying participants with food, nutrition education and breastfeeding equipment, such as breast pumps. Contact WIC at 1-800-WIC-WINS or pawic.com.
- The Breastfeeding Resources Center (BRC) is a volunteer organization comprised of women who have breastfed their children and who wish to help others. BRC offers phone counseling, area resources and support meetings. Call the BRC Helpline at 215-572-8044.
- The Philadelphia Department of Health Breast Feeding Promotion Division is involved in breastfeeding promotion in many ways including publishing their annual Philadelphia Breastfeeding Resource Handbook. View it at phila.gov/health/mcfh/BreastfeedingPromotion.html