

Fairbanks Breastfeeding Support Services

Bassett Army Community Hospital Call to schedule a lactation consult. Services available to military members and dependents.
Renaë Kovall, RN, IBCLC
907-361-5958

Chena Health & OBGYN IBCLC on staff and lactation appointments available through their Family Practice. Breastfeeding education also available, call for more information.
907-456-8191

Chief Andrew Isaac Health Center IBCLC and lactation appointments available. Call main number to set up an appointment.
907-451-6682

Fairbanks Baby Cafe Weekly café provides free, drop-in breastfeeding support facilitated by IBCLC volunteers from Fairbanks Breastfeeding Coalition. Held Mondays from 5:30-7:30 PM at Fairbanks Children’s Museum. Free prenatal breastfeeding class held same time and location on first Monday of the month. Call/e-mail to register for class.
978-406-9746
fairbanksbabycafe@gmail.com

Fairbanks Memorial Hospital Pregnancy, Childbirth, and Lactation online education, call 458-5580 to register. Inpatient lactation consultation by IBCLC daily. Outpatient lactation consults for prenatal and postpartum visits up to 6 months of age by appointment at New Parents Clinic. Call your health provider for a referral. Central Scheduling will follow up with you (458-5588). Enter clinic at North Tower/Surgery entrance. Insurance will be billed.
907-458-5580- Education
907-458-5588- Central Scheduling

Midnight Sun WIC Program Fairbanks area WIC service provider. Services are provided remotely and include healthy foods, nutrition information, breastfeeding support, and referrals to other programs and services. IBCLC consultation available to WIC participants.
907-500-8451
907-465-3416 FAX
Doh.wic.services@alaska.gov

Resource Center for Parents and Children Breast pumps (hospital grade) available to be loaned to families who do not have other resources to provide the appropriate breast pump. Other pumps and breastfeeding supplies available based on need. RCPC is a member of the Mothers’ Milk Bank (MMB) network. Women can deliver their frozen milk to RCPC to have it transported safely to the milk bank after completing the screening process.
907-456-9054-Kiana

TCC WIC Program Services only available to WIC qualifying clients of remote and rural Interior AK communities visiting the Fairbanks area. Services include nutrition information, breastfeeding support, and short-term breast pump loan.
907-451-6682 ext 3773



Internet Resources and Support for Breastfeeding Families

<http://www.aap.org/breastfeeding> : The American Academy of Pediatrics Breastfeeding Initiatives web site: "Advocating for children through the protection, promotion, and support of breastfeeding."

basisonline.org.uk: "This website presents research evidence about biologically normal sleep for human babies."

ibconline.ca: Information sheets, video clips and articles by Dr. Jack Newman "to empower parents by ensuring they receive the most up-to-date information to assist them with their breastfeeding baby."

fairbanksfamilies.com: "A community website for families with young children."

<http://www.firstdroplets.com>: Website emphasizes the critical importance of early milk removal and gives specific support on how to be successful in hand expression of breast milk.

globalhealthmedia.org/videos/breastfeeding/: "Virtually every mother can breastfeed, if given appropriate support, advice, and encouragement, as well as practical assistance to resolve any problems. Our Breastfeeding Series "shows and tells" this important information to help health workers and mothers achieve greater breastfeeding success worldwide."

infantrisk.com: Texas Tech University Health Sciences Center. "Dedicated to providing up-to-date evidence-based information on the use of medications during pregnancy and breastfeeding" Hotline: experts are available to answer questions about over the counter or prescription medications while pregnant or nursing. Monday-Friday 8am-5pm Central time (5am-2pm Alaska Time) at (806)-352-2519. A smartphone app is also available.

kellymom.com: "This website was developed to provide evidence-based information on breastfeeding and parenting." Links to research articles, forums, informational handouts, and more.

lila.org: Web site of La Leche League International. "Our Mission is to help mothers worldwide to breastfeed through mother-to-mother support, encouragement, information, and education, and to promote a better understanding of breastfeeding as an important element in the healthy development of the baby and mother."

lowmilksupply.org: "This website provides information and support to mothers who are experiencing low milk production. It is also an online resource for healthcare providers who help mothers breastfeed."

med.stanford.edu/newborns/professional-education/breastfeeding/hand-expressing-milk.html: Stanford Medicine video demonstrating hand expression of breast milk, links to additional breastfeeding videos.

mobimotherhood.org: MOBI stands for Mothers Overcoming Breastfeeding Issues. "Our goal is to promote the support of mothers with extreme breastfeeding issues, with our online support groups, and with education and research."

Postpartum Support International: Post Partum Support International provides postpartum mental health resources including how to get local help and support.