

FAIRBANKS LACTATION SUPPORT SERVICES

<p>Chena Health & OBGYN 907-456-8191</p>	<p>IBCLC on staff and lactation appointments available for Chena Health clients. Speak to OBGYN reception to schedule.</p>
<p>Chief Andrew Isaac Health Center 907-451-6682</p>	<p>IBCLC and lactation appointments available. Call main number to schedule.</p>
<p>Fairbanks Baby Café 978-406-9746 fairbanksbabycafe@gmail.com</p>	<p>Weekly café provides free, drop-in breastfeeding support facilitated by IBCLC volunteers from Fairbanks Breastfeeding Coalition. Held every Monday except for major holidays 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.</p>
<p>Fairbanks Memorial Hospital 907-458-5580- Education 907-458-5588- Central Scheduling</p>	<p>Pregnancy, Childbirth, and Lactation online education classes, call 458-5580 to register. IBCLC lactation consultation rounding available for inpatients. 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.</p>
<p>Midnight Sun WIC Program 907-500-8451 907-465-3416 FAX Doh.wic.services@alaska.gov</p>	<p>WIC services to Fairbanks area residents. Walk-in hours twice weekly from 12-5PM on Tuesday and Thursday at Fairbanks Public Health Center, 1025 W Barnette St. in Fairbanks. Call for details.</p>
<p>Resource Center for Parents and Children 907-456-9030 907-456-2866</p>	<p>Personalized education and support. Eligible parents can receive a manual or hospital-grade electric pump to support breastfeeding. Various items and tools such as nursing clothing, milk storage bags, nipple shields, extra pump parts, boppies, and more, including referrals to state and local community resources.</p>
<p>TCC WIC Program 907-451-6682 ext 3773</p>	<p>Services available to WIC qualifying clients of rural and urban Interior AK communities. Services include nutrition information, breastfeeding support, and short-term breast pump loan. IBCLC and Breastfeeding Peer Counselor available via phone, text, telehealth, and in-person consultation.</p>

<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."

<https://www.babiesincommon.com/flange-fits-guide>: "The Flange FITS™ Guide is an evidence-based way of doing flange fitting, which was used in the first study that compared "standard" flange fitting sizes and recommendations to using "smaller" flanges along with the Flange FITS™ Guide recommendations."

<https://www.basisonline.org.uk/>: "This website presents research evidence about biologically normal sleep for human babies."

<https://ibconline.ca/>: Information sheets, video clips and articles by Dr. Jack Newman. "At the Newman Breastfeeding Clinic, we provide reliable and well-researched information based on 34 years of Dr. Jack Newman's leadership, experience and our evidence-based practice. We offer real, practical breastfeeding help."

<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.

<https://globalhealthmedia.org/video/attaching-your-baby-at-the-breast/>: "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."

<https://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.

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

<https://lalli.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."

<https://www.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."

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

<https://www.postpartum.net/>: Postpartum Support International provides postpartum mental health resources including how to get local help and support.