

# Fairbanks Breastfeeding Support Services

---

<b>Bassett Army Community Hospital</b> Renae Kovall, RN, IBCLC 907-361-5958	Lactation consultation, working hours are Mon/Wed/Fri 0830-1430, Tues/Thurs 1100-1500. Basic Prenatal Breastfeeding Class taught the 3 <sup>rd</sup> Wednesday of each month.
<b>Chena Health &amp; OBGYN</b> 452-8191	IBCLC on staff and breastfeeding services available to their clients.
<b>FMH Women's Center</b> 458-5200	Lactation consultation at New Parent's Clinic on Monday and Thursday afternoons by appointments. Call your baby's health care provider for a prescription to coordinate the appointment.
<b>Fairbanks Regional Public Health Center</b> 452-1776	Public Health Nurses are available for support to share information about infant care, assistance with feeding, immunizations, and resources available in the community.
<b>RCPC WIC Program</b> 456-2990 456-9075 (24 hr warm line)	Lactation consultation by appointment. Lactation peer counselors, video resource library, nutrition information, referral and support. Short-term breast pump loan. Services and pumps available to WIC qualifying clients. <i>Host of Facebook Group:</i> <b>VIRTUAL BREASTFEEDING SUPPORT RCPC WIC FAIRBANKS</b>
<b>TCC WIC Program</b> Chief Andrew Isaac Health Center 451-6682 ext. 3778	Nutrition information, referral and support. Short-term breast pump loan. Services and pumps available to WIC qualifying clients.

---

## Breastfeeding Equipment

---

<b>Denali Pharmacy</b> 458-5615	Medela breast pump accessories and breastfeeding products for purchase.
<b>FMH Home Medical Equipment</b> 458-5421	Spectra and Medela breast pumps and accessory products available for purchase.
<b>Procure Home Medical</b> 458-8912	Spectra and Medela breast pumps and accessory products available for purchase.

---



## 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](http://basisonline.org.uk): "This website presents research evidence about biologically normal sleep for human babies."

[breastfeedinginc.ca](http://breastfeedinginc.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](http://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/](http://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](http://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](http://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](http://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](http://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](http://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](http://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."

[postpartumsupportfairbanks.org](http://postpartumsupportfairbanks.org): This web resource provides a variety of postpartum resources that are local to our community, including counseling, support groups, local postpartum resources, and social media resources.

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

[toxnet.nlm.nih.gov/newtoxnet/lactmed.htm](http://toxnet.nlm.nih.gov/newtoxnet/lactmed.htm): "The LactMed® database contains information on drugs and other chemicals to which breastfeeding mothers may be exposed. It includes information on the levels of such substances in breast milk and infant blood, and the possible adverse effects in the nursing infant. Suggested therapeutic alternatives to those drugs are provided, where appropriate. All data are derived from the scientific literature and fully referenced. A peer review panel reviews the data to assure scientific validity and currency."