

La Leche League Eastern US www.lleus.org/
 La Leche League International www.llli.org/
 1 800-LA LECHE (525-3243)
 1-877-452-5324
 La LecheToll free 24 hr help line
Hospital Grade Breast Pump Rental

AmedaHollister www.ameda.com/
 866-992-6332

Carlton Medical (Neptune) 732-988-0180
 Mary Lou Moramarco (Holmdel) 732-239-7771
 Medicap Pharmacy (Barnegat) 609-698-2200
 SunRay (Middletown) 732-671-1200

Medela www.medela.us/ 800-435-8316

Nancy Kleinfeld (Brielle) 732-547-8907
 CentraState Health Awareness Center (Freehold) 732-308-0570
 Little Silver Family Pharmacy 732-741-1121
 SunRay (Middletown)
 732-671-1200

Private Practice International Board Certified Lactation Consultant (IBCLC)

Cara Horowitz (Middletown) cara_h@consultant.com 732-787-5501
 Sue Hudler, RNC (Toms River) suehudlernc@gmail.com 732-270-6143
 Christine Jones-Wollerton (Toms River), www.Mama-Nurture-Lactation.com
chris@mama-nurture-lactation.com 732-998-7773
 Nancy Kleinfeld, RD (Brielle) breastdiet@aol.com 732-547-8907
 Catherine H. Laplante (Point Pleasant), chl63056@gmail.com
 732-673-2275
 Cassandra Leahy, MSN, RN (Colts Neck), www.theLactationLady.com
TheLactationLady@gmail.com 732-539-1656
 Rachel Levine (Atlantic Highlands)
Rachismom@gmail.com 732-708-9262
 Lysanne Loucel (Freehold) lysoucel@gmail.com 732-598-7191
 Mary Lou Moramarco (Holmdel)
Marylou22@comcast.net 732-239-7771
 Susan Mayer (Avon) SC.Mayer@verizon.net 732-988-7720
 Debbie Pagano (Brick) 732-295-2536
 Kathleen Prybylski (Howell) 732-367-0721
 Kathleen Sultana, RN (Ocean) 908-309-2818 or 732-643-1406
 Rita Traina, RNC (Bayville) 732-269-5844

Ten Steps to Successful Breastfeeding

Formulated by the World Health Organization & UNICEF

Every facility providing maternity services & care for newborn infants should:

1. Have a written breastfeeding policy that is routinely communicated to all health care staff.
2. Train all health care staff in skills necessary to implement this policy.
3. Inform all pregnant women about the benefits and management of breastfeeding.
4. Help mothers initiate breastfeeding within a half hour of birth.
5. Show mothers how to breastfeed, and how to maintain lactation even if they are separated from their infants.
6. Give newborn infants no food or drink other than breastmilk, unless medically indicated.
7. Practice rooming-in: allow mothers and infants to remain together 24 hours a day.
8. Encourage breastfeeding on demand.
9. Give no rubber nipples or pacifiers to breastfeeding infants.
10. Foster the establishment of breastfeeding support groups, and refer mothers to them on discharge from the hospital or clinic.

**Monmouth / Ocean
Breastfeeding Consortium**

Breastfeeding Resource Guide



www.njbreastfeeding.org

Our comprehensive online resource
for nursing moms and health care providers

Revised 12/2012

Mission Statement:

The Monmouth/Ocean Breastfeeding Consortium seeks to encourage, support, protect, and promote breastfeeding, through education, beginning in pregnancy and continuing through the first year of life.

The Consortium's goals reflect those of the *Baby Friendly Hospital Initiative* and the *Ten Steps to Successful Breastfeeding*, developed by UNICEF and the World Health Organization, and the American Academy of Pediatrics 2012 *Policy Statement on Breastfeeding*. (<http://pediatrics.aappublications.org/content/129/3/e827.full.pdf>)

Breastfeeding alone provides the best possible nutrition for the first 6 months of life.

Local Breastfeeding Support Groups (free to all mothers and babies):

Bosom Buddies Breastfeeding Support Group, Colts Neck
TheLactationLady@gmail.com 732-539-1656

CentraState Health Awareness Center
Contact: Lysanne Loucel 732-308-0570

Community Medical Center
Contact: Donna Jagger 732-557-8037

La Leche League www.llli.org

Milk Mamma Cafe, Manasquan
Naturalbeginningsnj@gmail.com

Jersey Shore University Medical Center
Contact: Linda Carroll 732-776-4281

Websites

U.S. Department of Health and Human Services
www.4woman.gov/Breastfeeding

N.J. Breastfeeding Coalition
www.breastfeedingnj.org/

La Leche League International
www.llli.org/

Monmouth/Ocean Breastfeeding Consortium
www.njbreastfeeding.org/

Hospital and WIC Breastfeeding Services:

OCEAN MEDICAL CENTER HOSPITAL, Brick

- Board Certified Lactation Consultant (IBCLC)
- Breastfeeding Classes

CONTACT: Rita Traina, RNC, IBCLC
732-475-7000 Monday - Friday 8 am – 3:30 pm

CENTRASTATE HEALTHCARE SYSTEM, Freehold

- Board Certified Lactation Consultants (IBCLC)
- Breastfeeding Classes
- Medela Breast Pump Rental Station
- Breastfeeding WarmLine, 732-303-5258

CONTACT: Lysanne Loucel, IBCLC and Rosalie Handoga, RNC, IBCLC

COMMUNITY MEDICAL CENTER, Toms River

- Board Certified Lactation Consultants (IBCLC)
- Breastfeeding Classes/Support Groups
- Private Breastfeeding Consultations (

CONTACT: Donna Jagger, RNC, IBCLC 732-557-8037

JERSEY SHORE UNIVERSITY MEDICAL CENTER, Neptune

- Board Certified Lactation Consultants (IBCLC)
- Breastfeeding Classes
- Breastfeeding WarmLine, 732-776-3329

CONTACT: Joyce McKeever, RN, IBCLC, Linda Carroll, RN, IBCLC, Rosalie Handoga, RNC, IBCLC, and Sue Schiller, RNC, IBCLC

CENTER FOR BREASTFEEDING AT JERSEY SHORE UNIVERSITY MEDICAL CENTER, Neptune

- Pediatrician who specializes in Breastfeeding Medicine
- Board Certified Lactation Consultant (IBCLC)
- Private Breastfeeding Consultations

CONTACT: 732-776-3329

KIMBALL MEDICAL CENTER, Lakewood

- Breastfeeding Classes

CONTACT: 732-363-1900

SOUTHERN OCEAN MEDICAL CENTER, Manahawkin

- Breastfeeding Classes

CONTACT: 609-978-8900 ext. 2021

MONMOUTH MEDICAL CENTER, Long Branch

- Board Certified Lactation Consultants (IBCLC)
- Breastfeeding Classes

CONTACT: Breastfeeding Warm Line, 732-923-6857 Donna Bernhardt, RNC, IBCLC, Pat Templeton, RN, IBCLC and Brookie Warendorf, RN, IBCLC

RIVERVIEW MEDICAL CENTER, Red Bank

- Board Certified Lactation Consultant (IBCLC)
- Breastfeeding Classes/Support Groups

CONTACT: Ginger Pawlikowski RNC, IBCLC 732-450-2738

OCEAN COUNTY HEALTH DEPARTMENT WIC

(WIC is the Federal supplemental nutrition program for women, infants and children)

- Board Certified Lactation Consultants (IBCLC)
- Breastfeeding Peer Counselors
- Breastfeeding Classes/Support Groups
- Breast Pumps, Breastfeeding Aids (free to participants)

CONTACT: Breastfeeding Warm Line 732-341-9700 x7550
Debbie Pagano, 732-370-0122

VISITING NURSE ASSN. OF CENTRAL JERSEY WIC

(WIC is the Federal supplemental nutrition program for women, infants and children)

- Board Certified Lactation Consultants (IBCLC)
- Breastfeeding Peer Counselors
- Breastfeeding Classes/Support Groups
- Breast Pumps, Breastfeeding Aids (free to participants)
- Breastfeeding Help Line 1-866-249-5847

CONTACT: Susan Mayer, IBCLC 732-471-9306

Hospital Grade Electric breast pumps are available for inpatient use at all listed hospitals