

La Leche League Eastern US [www.lleus.org/](http://www.lleus.org/)  
 La Leche League International [www.llli.org/](http://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/](http://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/](http://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)**

Kaaba, Chenault-Maynard (Freehold) [kcmkac@gmail.com](mailto:kcmkac@gmail.com) 917-226-8023  
 Cara Horowitz (Middletown) [cara\\_h@consultant.com](mailto:cara_h@consultant.com) 732-787-5501  
 Sue Hudler, RNC (Toms River) [suehudlernc@gmail.com](mailto:suehudlernc@gmail.com) 732-270-6143  
 Christine Jones-Wollerton (Toms River), [www.Mama-Nurture-Lactation.com](http://www.Mama-Nurture-Lactation.com)  
[chris@mama-nurture-lactation.com](mailto:chris@mama-nurture-lactation.com) 732-998-7773  
 Nancy Kleinfeld, RD (Brielle) [breastdiet@aol.com](mailto:breastdiet@aol.com) 732-547-8907  
 Catherine H. Laplante (Point Pleasant), [chl63056@gmail.com](mailto:chl63056@gmail.com)  
 732-673-2275  
 Cassandra Leahy, MSN, RN (Colts Neck), [www.thelactationlady.com](http://www.thelactationlady.com)  
[TheLactationLady@gmail.com](mailto:TheLactationLady@gmail.com) 732-539-1656  
 Rachel Levine (Atlantic Highlands)  
[Rachismom@gmail.com](mailto:Rachismom@gmail.com) 732-708-9262  
 Lysanne Loucel (Freehold) [lyslocel@gmail.com](mailto:lyslocel@gmail.com) 732-598-7191  
 Angela McMeans (Marlboro) [angelamcmeans@gmail.com](mailto:angelamcmeans@gmail.com) 732-308-8815  
 Mary Lou Moramarco (Holmdel) <http://lunadoula.com>  
[Marylou22@comcast.net](mailto:Marylou22@comcast.net) 732-239-7771  
 Susan Mayer (Avon) [SC.Mayer@verizon.net](mailto:SC.Mayer@verizon.net) 732-988-7720  
 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](http://www.njbreastfeeding.org)

Our comprehensive online resource  
for nursing moms and health care providers

Revised 07/2013

## 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  
Contact: Cassandra Leahy  
[TheLactationLady@gmail.com](mailto: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](http://www.llli.org)

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

## Websites

U.S. Department of Health and Human Services  
[www.4woman.gov/Breastfeeding](http://www.4woman.gov/Breastfeeding)

N.J. Breastfeeding Coalition  
[www.breastfeedingnj.org/](http://www.breastfeedingnj.org/)

La Leche League International  
[www.llli.org/](http://www.llli.org/)

Monmouth/Ocean Breastfeeding Consortium  
[www.njbreastfeeding.org/](http://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

### 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,

### 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:** Newborn Nursery, 732-923-6840

### 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, M.Ed., IBCLC 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***