

## NJ ZipMILK

Breastfeeding support in NJ; including IBCLCs, counselors/educators, medical professionals, support groups, WIC coordinators and more.

La Leche League International [www.zipmilk.org/](http://www.zipmilk.org/)  
[www.llli.org/](http://www.llli.org/)  
1 800-LA LECHE (525-3243)

## 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 Consultants (IBCLC)

Crystal Alexander (Eatontown) [maternalheightsrn@gmail.com](mailto:maternalheightsrn@gmail.com)  
732-539-4053

Kaaba, Chenault-Maynard (Freehold) [kcmkac@gmail.com](mailto:kcmkac@gmail.com) 917-226-8023

Rhonda Daley (Barnegat) [RDaleyRN@aol.com](mailto:RDaleyRN@aol.com) 609-513-2310

Cara Horowitz (Middletown) [cara\\_h@consultant.com](mailto:cara_h@consultant.com) 732-801-3108

Sue Hudler, RNC (Toms River) [suehudlerrnc@gmail.com](mailto:suehudlerrnc@gmail.com) 732-270-6143

Nancy Kleinfeld, RD (Brielle) [breastdiet@aol.com](mailto:breastdiet@aol.com) 732-547-8907

Catherine H. Laplante (Point Pleasant Beach), [chl63056@gmail.com](mailto:chl63056@gmail.com)  
732-673-2275

Cassandra Leahy, RN, MSN (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) 732 670-6611

Lysanne Loucel (Freehold) [nanbelles@gmail.com](mailto:nanbelles@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 Sultana, RN (Ocean) 908-309-2818 or 732-643-1406

## 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 02/2016

## 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.com](http://thelactationlady.com)  
[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

Monmouth Medical Center

Contact: Robin Franzoni 732-923-6840

NJ ZipMILK; find listings for support groups in your area

[www.zipmilk.org/](http://www.zipmilk.org/)

## Websites:

U.S. Department of Health and Human Services

<http://www.womenshealth.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/)

ZipMILK.org

Breastfeeding support in NJ; including IBCLCs, counselors/educators, medical professionals, support groups, WIC coordinators and more.

[www.zipmilk.org/](http://www.zipmilk.org/)

## Hospital and WIC Breastfeeding Services:

### OCEAN MEDICAL CENTER HOSPITAL, Brick

- Board Certified Lactation Consultant (IBCLC)
- Breastfeeding Classes

**CONTACT:** Susan Ludwig, RN, IBCLC 732-840-3300 or Breastfeeding WarmLine at Jersey Shore University Medical Center, 732-776-3329

### 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

### LACTATION CENTER AT CENTRASTATE, Freehold

- Board Certified Lactation Consultants (IBCLC)
- Private Breastfeeding Consultations

**CONTACT:** 732-303-5258

### COMMUNITY MEDICAL CENTER, Toms River

- Board Certified Lactation Consultants (IBCLC)
- Breastfeeding Classes/Support Group
- Breastpump Sales

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

### JERSEY SHORE UNIVERSITY MEDICAL CENTER, Neptune

- Board Certified Lactation Consultants (IBCLC)
- Breastfeeding Classes

**CONTACT:** Breastfeeding WarmLine, 732-776-3329  
Joyce McKeever, RN, IBCLC, Linda Carroll, RN, IBCLC

### CENTER FOR BREASTFEEDING

#### JERSEY SHORE UNIVERSITY MEDICAL CENTER, Neptune

#### MERIDIAN HEALTH VILLAGE AT JACKSON, Jackson

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

**CONTACT:** 732-776-3329

### SOUTHERN OCEAN MEDICAL CENTER, Manahawkin

- Breastfeeding Classes

**CONTACT:** Breastfeeding WarmLine, 732-776-3329

### MONMOUTH MEDICAL CENTER, Long Branch

- Board Certified Lactation Consultants (IBCLC)
- Breastfeeding Classes/Support Group

**CONTACT:** Robin Franzoni RNC, IBCLC 732-923-6840

### RIVERVIEW MEDICAL CENTER, Red Bank

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

**CONTACT:** Ginger Pawlikowski, RNC, IBCLC, Crystal Alexander RN, BSN, 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***

## LOOKING FOR BREASTFEEDING HELP IN NJ

### ZipMILK.org

Breastfeeding support in NJ; including IBCLCs, counselors/educators, medical professionals, support groups, WIC coordinators and more. Search by zip code to find the support and help you need.

[www.zipmilk.org/](http://www.zipmilk.org/)