

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/
www.llli.org/
1 800-LA LECHE (525-3243)

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 Consultants (IBCLC)

Crystal Alexander (Eatontown) maternalheightsrn@gmail.com
732-539-4053

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

Rhonda Daley (Barnegat) RDaleyRN@aol.com 609-513-2310

Cara Horowitz (Middletown) cara_h@consultant.com 732-801-3108

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

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

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

Cassandra Leahy, RN, MSN (Colts Neck), www.thelactationlady.com
TheLactationLady@gmail.com 732-539-1656

Rachel Levine (Atlantic Highlands)
Rachismom@gmail.com 732 670-6611

Lysanne Loucel (Freehold) nanbelles@gmail.com 732-598-7191

Angela McMeans (Marlboro) angelamcmeans@gmail.com 732-308-8815

Mary Lou Moramarco (Holmdel) <http://lunadoula.com>
Marylou22@comcast.net 732-239-7771

Susan Mayer (Avon) 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

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
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

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/

Websites:

U.S. Department of Health and Human Services

<http://www.womenshealth.gov/breastfeeding/>

N.J. Breastfeeding Coalition

www.breastfeedingnj.org/

La Leche League International

www.llli.org/

Monmouth/Ocean Breastfeeding Consortium

www.njbreastfeeding.org/

ZipMILK.org

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

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/