



BREASTFEEDING RESOURCES FOR PARENTS

La Leche League of Texas

La Leche League is an international, nonprofit, nonsectarian organization dedicated to providing education, information, support, and encouragement to women who want to breastfeed. All women interested in breastfeeding are welcome to attend the monthly Group Meetings or call a Leader for breastfeeding help. Find Your Local Support Group: <http://texaslll.org/all-groups>

Gulf Coast Regional Medical Center

For more information on classes and events at Gulf Coast Regional Medical Center or to register, call 1-850-747-3600 or <http://gcmc-pc.com/calendar/registration.dot> to search for upcoming classes.

Motherhood Center

Motherhood Center has many breastfeeding classes to smooth the transition into breastfeeding. Breastfeeding is very beneficial to your newborn but can sometimes be frustrating to the new mom! The breastfeeding class at Motherhood Center is taught by Renee Bowling RN, Certified Lactation Educator, and offers moms and their partner's information on learning the art of breastfeeding. Topics include breastfeeding benefits, how to be comfortable and get started, hospital policies and how they impact breastfeeding, positioning the baby at the breast, and how to be sure your baby is getting enough milk. Breastfeeding problems will also be addressed as well, so sign up today! **For more information or to sign up for classes:** <http://www.motherhoodcenter.com/>

Cypress Fairbanks Medical Center Hospital

Support group discussions cover a variety of breastfeeding topics, such as returning to work, overcoming challenges, breastfeeding in public, and starting solids and breast feeding. New mothers are encouraged to bring their babies; classes are organized by the age of the infant, from newborn to six months. **For more information about the free support group,** call 281-897-3334 or visit www.CyFairHospital.com/Support.



The Women's Hospital of Texas

Breastfeeding can be both rewarding and challenging. Learning the basics puts you and your baby on the path to success. We strongly encourage attendance by your spouse or support person. We are pleased to offer an online Breastfeeding classes. **For more information or to sign up for a class:** <http://womanshospital.com/service/breastfeeding-classes-and-support#sthash.3MmXlx2z.dpuf>

Houston Methodist Leading Medicine

Prenatal Breastfeeding class information

Please call 281-737-2006, Monday through Friday from 8:00 a.m.-5:00 p.m. to register. Significant others are encouraged to attend.

Mom to Mom Connection

Mom to Mom Connection is a free support group for breastfeeding moms and their babies. The group meets once per month. Light refreshments will be served. Please call 281-737-2006 Monday through Friday from 8:00 a.m.-5:00 p.m. for dates and locations.

Breast Pumps and breastfeeding supplies

Breast pumps are available for rent or purchase in the Gifts from the Heart Gift Shop located on the first floor of the hospital Monday through Friday from 9:00 a.m.-5:30 p.m. (281-737-4438)

For more information: <http://www.houstonmethodist.org/mwh.cfm?id=36992>

WIC Breastfeeding Resources

Would you like to talk to someone about breastfeeding? Most WIC clinics have breastfeeding Peer Counselors who can help with basic breastfeeding issues and International Board Certified Lactation Consultants to help with more difficult problems. Peer Counselors are WIC moms just like you who have breastfed their own children. WIC trains them to help other moms. Call your WIC clinic to speak to a breastfeeding Peer Counselor or check out <http://www.dshs.state.tx.us/wichd/bf/bf1.shtm>

Online Mom-to-Mom Breastfeeding Groups

<http://forums.lli.org/>

<http://www.breastfeeding.com/forums/>

<http://messageboards.ivillage.com/ivpsbreastfeed?ice=ivl,searchmb>

<http://forum.kellymom.net/>