



Breastfeeding Resources

Local Resources

[La Leche League of DE, MD, and DC](#)

Offering help and encouragement to women wanting to breastfeed their infants. They have a lending library of books on breast feeding and nutrition. Telephone assistance is available anytime from trained leaders for any breast feeding concern.

[La Leche League USA](#)

Choose Find Local Help

Enter your Zip/Address

[La Leche League International - Multilingual](#)

[The Children's Advocacy Project \(CAP\)](#)

Along with breastfeeding resources, this site has an extensive list of many social service agencies to help improve the lives of families as well as teen pregnancy, postpartum, and infant resources. Click on a topic under **Parent Handouts** to see available agency information.

[Delaware WIC Supports breastfeeding](#)

Support for WIC clients who are breastfeeding their infants including peer counselors and lactation consultants

302-741-2900 or 800-222-2189

[National Breastfeeding Hotline for WIC Participants](#)

855-427-5666

[The Birth Center breastfeeding services](#)

Provides private consultations with a certified lactation consultant, support groups, and lactation pump sales/rentals.

Complete an online form to request an appointment or call 302-658-2229

[St. Francis Hospital breastfeeding classes](#)

Offers classes that include breast preparation, common nursing concerns, factors affecting milk supply and milk collection.

701 N. Clayton Street, Wilmington, DE 19805

For class information and to schedule your classes, call 302-421-4848

[Breastfeeding Coalition of Delaware](#)

Offering breastfeeding support, resources, and meetings.

Other breastfeeding [resources](#) and information in Delaware.

[Balanced Breastfeeding](#)

Support groups, courses, and workshops.

1601 Concord Pike, Suite #56, Wilmington, DE 19803

info@BalancedBreastfeeding.com

Text: 302-501-5224

[Pennsylvania Breastfeeding Resources](#)

Healthy Baby Line at 1-800-986-BABY(2229)

[Breastfeeding resources from Univ. of Penn](#)

Community and national breastfeeding resources

[Pennsylvania Breastfeeding Coalition](#)

Offers support for breastfeeding families

National Resources

[Office of Women's Health breastfeeding information](#)

Information and links to resources for breastfeeding.

[The Bump breastfeeding info](#)

Breastfeeding resources including video and photo galleries, new parent forums, articles, nationwide directories for lactation specialists, and more.

[March of Dimes](#)

Learn about successful breastfeeding strategies and related lactation topics.

[How to Keep Your Breast Pump Kit Clean](#)

Breast pump guidelines provided by the CDC