Boulder County
Breastfeeding
Services & Resources
Breastfeeding Support Services
This list is not an endorsement for any listed resources and is not suggested to be a complete listing of all available services.

<table>
<thead>
<tr>
<th>Service</th>
<th>Lafayette/Louisville</th>
<th>Longmont</th>
<th>Boulder</th>
<th>County-wide</th>
</tr>
</thead>
<tbody>
<tr>
<td>Counselor, Consultant, or Leader</td>
<td>IBCLC</td>
<td>IBCLC</td>
<td>CLC</td>
<td>IBCLC</td>
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<tr>
<td>Spanish Available</td>
<td>●</td>
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<tr>
<td>Prenatal Education</td>
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<tr>
<td>Breastfeeding Classes</td>
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<tr>
<td>Postpartum Breastfeeding Care/Outpatient Consultation</td>
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<tr>
<td>Peer Support</td>
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<tr>
<td>Phone Support</td>
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<tr>
<td>Home Visits</td>
<td>●</td>
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<tr>
<td>Extended Lactation (e.g. nursing toddlers)</td>
<td>●</td>
<td>●</td>
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<tr>
<td>Milk Bank Drop Off</td>
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</tbody>
</table>

Avista Hospital, 100 Health Park Dr., Louisville, 303-673-1000, [www.avistahospital.org](http://www.avistahospital.org)
Birth Center of Boulder, 2800 Folsom St., Boulder, 303-443-3993, [www.birthcenterofboulder.com](http://www.birthcenterofboulder.com)
Boulder Community Health, 4747 Arapahoe Ave., Boulder, 303-415-7230, [www.bch.org](http://www.bch.org)
Clinica Family Health Center, 1345 Plaza Court N., Lafayette, 303-650-4460, [www.clinica.org](http://www.clinica.org)
Good Samaritan Medical Center, 200 Exempla Cr., Lafayette, 303-689-4766, [www.goodsamaritancolorado.org](http://www.goodsamaritancolorado.org)
Longmont United Hospital, 1950 Mountain View Ave., Longmont, 303-651-5111, [www.lucares.org](http://www.lucares.org)
Salud Family Health Center, 220 E. Rogers Rd., Longmont, 303-MYSALUD (303-697-2583) or 970 484-0999, [www.saludclinic.org](http://www.saludclinic.org)
## Tethered Oral Tissue & Cleft Lip/Palate Support Services

*This list is not an endorsement for any listed resources and is not suggested to be a complete listing of all available services.*

<table>
<thead>
<tr>
<th>Provider</th>
<th>Tethered Oral Tissue (&quot;Tongue Tie&quot;)</th>
<th>Cleft Lip/Palate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Andrew Goldman, MD Boulder Valley Ear, Nose, and Throat Assoc. 4745 Arapahoe Ave., Ste. 130, Boulder 303-443-2771</td>
<td></td>
<td>●</td>
</tr>
<tr>
<td>Paul Stangl, DDS 2880 Folsom St., Ste. 202, Boulder · 303-449-7155</td>
<td></td>
<td>●</td>
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<tr>
<td>David Strange, DDS Pediatric Dental Group 300 Exempla Circle, Suite 460, Lafayette 720-890-9494</td>
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<td>●</td>
</tr>
<tr>
<td>Tim Nichols, DDS Tennyson Pediatric Dentistry 4383 Tennyson St. Unit 1-F, Denver 303-423-4383</td>
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<tr>
<td>Belinda Campbell, DDS &amp; Nicole McNear, DMD Young Dentistry for Children 325 W. South Boulder Rd, Louisville 303-604-0710</td>
<td></td>
<td>●</td>
</tr>
<tr>
<td>Maureen Andrews Cleft Lip &amp; Palate Clinic/Children’s Hospital CO 720 777-2670 <a href="mailto:maureen.andrews@childrenscolorado.org">maureen.andrews@childrenscolorado.org</a></td>
<td></td>
<td>●</td>
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</tbody>
</table>

## International Board Certified Lactation Consultants

*This list is not an endorsement for any listed resources and is not suggested to be a complete listing of all available services. Please contact each provider to learn more about their experience, services provided, fees, and eligibility requirements. This list is updated annually.*

<table>
<thead>
<tr>
<th>Louisville</th>
<th>Lafayette</th>
<th>Longmont</th>
<th>Boulder</th>
<th>County-Wide</th>
</tr>
</thead>
<tbody>
<tr>
<td>Avista Hospital 303.673.1088</td>
<td>Good Samaritan Medical Center 303.689.4766 Carrie Cullinane, Jill Leary, Kate Hamzi, Diane Heronoma, Christie Lombardi, Kathy Stephenson, Erika Townsend</td>
<td>Longmont United Hospital 303.485.4277 Kerri Kile</td>
<td>Boulder Community Health 303.415.7230 Karen Frank, Andrea Tran, Danielle Zaitz</td>
<td>Boulder County Public Health WIC 303.413.7520 Melinda Morris, Heather Enos</td>
</tr>
<tr>
<td>Nicola Harden-Bent, Stephanie Moore, Ana Grantham, Jodi Haberstroh, Jenna Gilbert</td>
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<tr>
<td>Boulder Medical Center 303.938.4750 Kari Waddell</td>
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<tr>
<td>Birth Center of Boulder 303.443.3993 Jennifer James, Tessa Kazcor</td>
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<tr>
<td>Nourish Lactation 303.587.3326 Diane Michel</td>
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<tr>
<td>Linda Neale 303.530.0708</td>
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<tr>
<td>The Juicy Baby 303.887.9161 Amanda Ogden</td>
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<tr>
<td>Northern Colorado Lactation 970.670.0167 Carolyn Hobson</td>
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<tr>
<td>Boulder Medical Center 303.938.4750 Kari Waddell</td>
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<td>Birth Center of Boulder 303.443.3993 Jennifer James, Tessa Kazcor</td>
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<td>Nourish Lactation 303.587.3326 Diane Michel</td>
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<td>Northern Colorado Lactation 970.670.0167 Carolyn Hobson</td>
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</tbody>
</table>
Breastfeeding Support Recommendations

Some services have income requirements. Consider income, insurance coverage or payment method, primary language, and location when selecting services.

### Definitions

**International Board-Certified Lactation Consultants (IBCLC)** have completed approximately five years of training and college-level advanced lactation education. IBCLCs possess the necessary skills, knowledge, and attitudes to provide quality breastfeeding assistance to babies and mothers. They specialize in the clinical management of breastfeeding, which includes: preventive healthcare, patient education, nutrition counseling, and therapeutic treatment. The IBCLC is generally prepared to work in any setting that provides breastfeeding support and care to mothers, infants, children, families, and communities. Settings that employ IBCLCs are inpatient, ambulatory, and community centers. IBCLCs are also trained to work independently.

**Certified Lactation Counselors (CLC)** have completed 45 hours of training and a comprehensive breastfeeding management course. Some hospital- or community-based CLCs may be in private practice and offer fee-based services. CLCs refer mothers with challenging questions and concerns to an IBCLC.

**WIC Peer Counselors** have completed 30-50 hours of lactation training. They are mothers who have personal experience with breastfeeding and are trained to provide basic breastfeeding information and support to other mothers with whom they share various characteristics, such as language, race/ethnicity, and socioeconomic status. Peer counselors refer mothers with challenging questions and concerns to an IBCLC.

**La Leche League Leaders** are experienced breastfeeding mothers who are familiar with research related to breastfeeding. They offer practical information and encouragement to nursing mothers through monthly group meetings and one-to-one help.

**Breastfeeding Friendly Environments** are organizations, workplaces, educational institutions, and child care providers that foster policies and practices that support, promote, and protect breastfeeding for employees, students, and customers.

## Breastfeeding Related Supplies

This list is not an endorsement for any listed resources and is not suggested to be a complete listing of all available services.

<table>
<thead>
<tr>
<th>Provider</th>
<th>Pump Rental</th>
<th>Pump Purchase</th>
<th>Pumping Supplies</th>
<th>Breastfeeding Supplies</th>
<th>Nursing Apparel</th>
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</thead>
<tbody>
<tr>
<td>Avista Hospital</td>
<td>●</td>
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<tr>
<td>100 Health Park Dr., Louisville</td>
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<tr>
<td>303 673-1000 <a href="http://www.avistahospital.org">www.avistahospital.org</a></td>
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<tr>
<td>Boulder Community Health</td>
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<tr>
<td>4747 Arapahoe Ave., Boulder</td>
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<tr>
<td>720-854-7000 <a href="http://www.bch.org">www.bch.org</a></td>
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<tr>
<td>Bundle</td>
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<tr>
<td>2825 Wilderness Pl., Ste. 400, Boulder</td>
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<tr>
<td>303-443-9416 <a href="http://www.bundlebabyshop.com">www.bundlebabyshop.com</a></td>
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<td>Childish Things</td>
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<tr>
<td>3183 Walnut St., Boulder</td>
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<tr>
<td>303-442-2703 <a href="http://www.childishthingsconsign.com">www.childishthingsconsign.com</a></td>
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<td>Good Day Pharmacy</td>
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<td>1749 Main Street, Longmont</td>
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<tr>
<td>303-776-0709 <a href="http://www.gooddaypharmacy.com">www.gooddaypharmacy.com</a></td>
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<td>Grandrabbits Toy Shoppe</td>
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<tr>
<td>2525 Arapahoe Ave., Boulder</td>
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<tr>
<td>303-443-0780 <a href="http://www.grtoys.com">www.grtoys.com</a></td>
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<td>Major Medical Supply</td>
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<td>1649 Main St., Longmont</td>
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<tr>
<td>303-651-6400 <a href="http://www.majormedicalsupply.com">www.majormedicalsupply.com</a></td>
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<td>Nordstrom Rack</td>
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<tr>
<td>1601 29th St. Boulder</td>
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<tr>
<td>720-389-3030 <a href="http://www.nordstrom.com">www.nordstrom.com</a></td>
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<tr>
<td>Once Upon a Child</td>
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<tr>
<td>700 Ken Pratt Blvd., Longmont</td>
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<tr>
<td>303-772-5437 <a href="http://www.onceuponachild.com">www.onceuponachild.com</a></td>
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<tr>
<td>Rebecca's Apothecary</td>
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<tr>
<td>1227 Spruce St., Boulder</td>
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<tr>
<td>303-443-8878 <a href="http://www.rebeccasherbs.com">www.rebeccasherbs.com</a></td>
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<tr>
<td>Multiple locations <a href="http://www.target.com">www.target.com</a></td>
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<tr>
<td>The Nursing Nook /Good Samaritan Hospital</td>
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<tr>
<td>200 Exempla Cr., Lafayette</td>
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<td>303-689-4766</td>
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<tr>
<td>Walgreens</td>
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<tr>
<td>Multiple locations <a href="http://www.walgreens.com">www.walgreens.com</a></td>
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</table>
Breastfeeding Support at Work, Childcare, and in Public Spaces

Colorado law requires that employers provide breastfeeding women with private space and time to express milk at work. Employers may not discriminate against women for expressing milk in the workplace. Boulder County Public Health provides support and technical assistance to help businesses, child care providers, medical offices, and public spaces improve policies and practices to meet the needs of breastfeeding families. For assistance or information about returning to work or school while continuing to breastfeed or for an up-to-date list of breastfeeding friendly child care providers, businesses, and organizations, visit www.BoulderCountyBreastfeeding.org.

Online Support and Information

This list is not an endorsement for any listed resources and is not suggested to be a complete listing of all available services.

<table>
<thead>
<tr>
<th>Website</th>
<th>Content</th>
</tr>
</thead>
<tbody>
<tr>
<td><a href="http://www.BoulderCountyBreastfeeding.org">www.BoulderCountyBreastfeeding.org</a></td>
<td>Information for parents, child care providers, employers, clinicians, and coalition members about services, policies and practices that support breastfeeding in Boulder County.</td>
</tr>
<tr>
<td><a href="http://www.KellyMom.com">www.KellyMom.com</a></td>
<td>Breastfeeding and pumping information, including free handouts. Search for “milk calculator” to calculate how much milk a baby needs.</td>
</tr>
<tr>
<td><a href="http://www.MakingMoreMilk.com">www.MakingMoreMilk.com</a></td>
<td>Strategies for women who need to increase their milk supply.</td>
</tr>
<tr>
<td><a href="http://www.BestforBabes.org">www.BestforBabes.org</a></td>
<td>Great information and a helpful blog.</td>
</tr>
<tr>
<td><a href="http://www.NancyMohrbacher.com">www.NancyMohrbacher.com</a></td>
<td>Blog and resources from one of the nation’s top lactation consultants.</td>
</tr>
<tr>
<td><a href="http://www.TheLeakyBoob.com">www.TheLeakyBoob.com</a></td>
<td>Helpful articles and blog for breastfeeding moms.</td>
</tr>
<tr>
<td><a href="http://www.LLLUSA.org">www.LLLUSA.org</a></td>
<td>La Leche League website that provides information and mother-to-mother support. Provides information related to breastfeeding concerns and forum participation.</td>
</tr>
<tr>
<td><a href="http://www.ilca.org">www.ilca.org</a></td>
<td>Searchable database by zip code of local lactation consultants.</td>
</tr>
<tr>
<td><a href="http://www.USBreastfeeding.org">www.USBreastfeeding.org</a></td>
<td>Answers to frequently asked questions about federal lactation support law.</td>
</tr>
<tr>
<td><a href="http://www.WomensHealth.gov/breastfeeding">www.WomensHealth.gov/breastfeeding</a></td>
<td>Resources to help increase breastfeeding success, including what the federal government is doing to support breastfeeding mothers.</td>
</tr>
<tr>
<td>wwwLatchMD.com</td>
<td>Website and downloadable app provide breastfeeding help from board-certified pediatricians and Internationally board-certified lactation consultants.</td>
</tr>
<tr>
<td><a href="http://www.Toxnet.nlm.nih.gov/newtoxnet/lactmed.htm">www.Toxnet.nlm.nih.gov/newtoxnet/lactmed.htm</a></td>
<td>A searchable database with information on drugs and other chemicals to which breastfeeding mothers may be exposed. It includes information on the levels of such substances in breastmilk and infant blood, and the possible adverse effects in the nursing infant.</td>
</tr>
<tr>
<td><a href="http://www.MommyMeds.com">www.MommyMeds.com</a></td>
<td>A searchable database of up-to-date, evidence-based information on the use of medications and the effects of some disease conditions during pregnancy and breastfeeding.</td>
</tr>
<tr>
<td><a href="http://www.InfantRisk.org">www.InfantRisk.org</a></td>
<td>Up-to-date information about the use of medications during pregnancy and breastfeeding.</td>
</tr>
<tr>
<td><a href="http://www.COBFC.org">www.COBFC.org</a></td>
<td>A volunteer organization of physicians, nurses, public health officials, dietitians, lactation consultants, counselors, and members of the business community. Information about breastfeeding resources, advocacy, and ways to be involved to promote, support, and protect breastfeeding in Colorado.</td>
</tr>
</tbody>
</table>