

Please join us for our VIRTUAL Breastfeeding Mom's Group



**Speak with a Lactation Consultant
Meet other breastfeeding mothers**

**Thursday
10:00a.m. – 12:00noon**

Email JHHLactation@jhmi.edu to request the link to join our Zoom Meeting

Additional Breastfeeding Information Resources

Phone Numbers

	JHH Warm Line	410-502-3221
WIC www.fns.usda.gov/wic	Johns Hopkins	410-614-3813
	Baltimore City	410-396-9427
	Baltimore County	410-887-6000
	National Breastfeeding Helpline	800-994-9662
	Centers for Disease Control and Prevention (CDC)	800-232-4636 www.cdc.gov
	American Academy of Pediatrics (AAP)	847-434-4000 www.aap.org

Websites

CDC Breastfeeding

CDC's Division of Nutrition, Physical Activity, and Obesity (DNPAO) is committed to increasing breastfeeding rates throughout the United States and to promoting and supporting optimal breastfeeding practices toward the ultimate goal of improving the public's health. <http://www.cdc.gov/breastfeeding/>

DHHS Office of Women's Health

OWH Helpline at 800-994-9662
<http://www.womenshealth.gov/breastfeeding/>

La Leche League

See your local phone listings to find meetings in your area. Local volunteers offer breastfeeding support and group activities. The website has current breastfeeding information and other resources. www.llli.org

National Organization of Mothers of Twins Club

A network of about 500 clubs represent parents of twins, triplets, and quadruplets.
Go to www.nomotc.org for a club in your area.

United States Breastfeeding Coalition

A coalition of [more than 50 organizations](#) that support its mission to drive collaborative efforts for policy and practices that create a landscape of breastfeeding support across the United States. Go to: www.usbreastfeeding.org

Maryland Breastfeeding Coalition

We are health professionals, moms, educators, policy-makers, organizations, businesses and others who promote, protect, and support breastfeeding. The Maryland Breastfeeding Coalition is a member coalition of the United States Breastfeeding Committee. Find us at www.marylandbreastfeedingcoalition.org/

Videos

Global Health Media <https://globalhealthmedia.org/portfolio-items/positions-for-breastfeeding/?portfolioID=5623>

UNICEF UK Baby Friendly Initiative Hand Expression <https://www.youtube.com/watch?v=K0zVCwdJZw0>

Good Books

The Nursing Mother's Companion by Kathleen Huggins and
Breastfeeding Made Simple by Nancy Mohrbacher.