

COMMUNITY BREASTFEEDING RESOURCES

BREASTFEEDING HELP

Hospital Lactation Departments

Lactation Assistance and Education Services	272-0480
University Hospital Newborn Clinic	272-5964
Presbyterian Breastfeeding Support Services	841-1773
Lovelace Women's Hospital Lactation Services	727-6797
Federal Helpline (www.4women.gov/breastfeeding)	1-800-994-9662
La Leche League	821-2511
Private In-Home Consultants- Andrea Bass RN/IBCLC	323-9222

BREASTFEEDING SUPPLIES

Breastfeeding resources (nipple shields, SNS, etc...)	293-5215
www.medela.com	1-800-435-8316
www.amedaonline.com	1-866-7-MY-BABY
Babies 'R' Us (nipple shields, SNS, basic pumps)	292-9909
Target Stores (various locations: nipple shields, basic pumps-SNS)	292-9110

ABUNDANT MILK TEAS/ TINCTURES-HERBS/ NIPPLE CREAMS ETC...

Highland Pharmacy (triple nipple cream/ gentian violet)	243-3777
Duran's Central Pharmacy (gentian violet)	247-4141
Pharmica (triple nipple cream/ teas and tinctures)	796-0387
Presbyterian Out-Patient Pharmacy (triple nipple cream)	841-1490
The Purple Thistle Tea Company (nipple creams, teas, Fussy Baby Remedy)	294-4359
Whole Foods (many locations/ teas and tinctures)	260-1366/856-0474
Sprouts (teas and tinctures)	268-5127
Breastfeeding Clothes and Bras –Motherhood Maternity Store	899-3188/872-4048

BREASTPUMPS

Sales

Breastfeeding resources (manual, back-to-work, hospital grade)	293-5215
www.medela.com	1-800-435-8316
www.amedaonline.com	1-866-7-MY-BABY

Rentals

Breastfeeding resources (hospital grade)	293-5215
Walgreens (hospital grade double electric pump)	797-8126 option 1
WIC- See your local office for qualified clients	Main # 841-4100

BREASTFEEDING RELATED CLASSES/ EDUCATION

UNM Hospitals	
Lactation Clinic (English and Spanish support and education)	272-0480
Childbirth Education (Pre-natal breastfeeding classes)	272-2340
Lovelace Women's Hospital (Pre-Natal and Breastfeeding Classes)	343-6348
“New Mother's Club” support group	727-6797
Presbyterian Breastfeeding Support Services (Pre-Natal Classes)	563-6501
Weekly Support Group: (central and westside groups)	563-6501
Breastfeeding Class for mom's Returning to Work and School	563-6501
WIC—(various locations/ ask to speak to a nutritionist)	841-4100
La Leche League (various support groups/ phone help)	821-2511
Body, Mind and Spirit www.bodymindandspiritabq.com	232-2772