

Lactation Resources at Home

You may have questions about feeding at home. Our lactation team is here to help. This handout will tell you more about how the lactation team can support you at home.



Lactation Advice Line

We have a **Lactation Advice Line** you can contact by calling **(650) 723-4118**. Leave us a message and we will return your call in 24 to 48 hours (Monday through Friday). Calls placed on the weekend will be returned on the following Monday. For urgent questions, please contact your pediatrician.

This voicemail is for any **non-urgent questions** you may have. People usually ask about:

- Feeding your baby
- Pumping human milk, also known as breastmilk
- Milk supply
- Local resources

Online Outpatient Breastfeeding Support Group

We have an online **virtual breastfeeding support group**. To register, call **(650) 723-4118** or e-mail lactation@stanfordchildrens.org to join. The support group is held every Thursday from 1:00 p.m. to 2:00 p.m.

This is a private group for you to ask any questions. Group members often ask about topics like:

- Feeding your baby
- Pumping breastmilk
- Milk Supply

In-person and Telehealth Lactation Support

We are offering in-person, or **Telehealth** lactation visits, from Monday through Friday between 9:00 am and 5:00 pm at Peninsula Pediatrics Medical Group in Menlo Park. To make an appointment call **(650) 723-4118** or lactation@stanfordchildrens.org.

During these visits, a Board Certified Lactation Consultant will talk with you about your baby, and any feeding questions you may have. They can also help you create a feeding plan for your baby.

Additional Resources

In addition to talking to your lactation consultant, you can call these numbers to learn more about lactation and lactation services:

Resource Title	Phone Number
Nursing Mothers Counsel	(650) 327-6455 or (650) 327-6455-MILK
La Leche League International	1 (877) 452-5342 or 1 (877) 4LA-LECHE
Women, Infants, and Children (WIC)	(650) 573-2168

Websites

In addition to talking to your lactation consultant, you can visit these websites to learn more about lactation:

Resource Title	Website
KellyMom	www.kellymom.com
Stanford: Getting Started with Breastfeeding	https://med.stanford.edu/newborns/professional-education/breastfeeding.html
Secrets of Baby Behavior	http://www.secretsofbabybehavior.com/
Droplet	http://www.firstdroplets.com

Smartphone Apps

You can find the following smartphone apps through your phone's app store:

- **Baby Connect:** App for tracking your baby's activities
- **Baby Tracker:** App for tracking your baby's activities
- **The Wonder Weeks:** App that tracks your baby's growth and tells you what to expect
- **Milk Maid:** App for recording pumping sessions and keeping track of your breastmilk
- **White Noise Baby:** App that provides white noise to help your baby sleep and relax

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