Community Resources

**Bear River (Cache, Box Elder and Rich counties)**

**Hospitals/Clinics**

Brigham City Community Hospital MSH  
950 South Medical Drive  
Brigham City, UT  84302  
(435)734-4136 Labor & Delivery  
  • Prenatal class with BF component  
  • Inpatient breastfeeding assistance

Budge Clinic IHC  
1350 North 500 East  
Logan, UT  84341  
(435)752-0422  
(435)716-1920 OB/GYN Clinic  
*Referral to Logan Regional Hospital*

Logan Regional Hospital IHC  
500 East 1400 North  
Logan, UT  84341  
(435)752-0422 Women and Newborn Center  
(435)716-2560 Lactation  
(435)716-2560 Rental Station & Retail Store  
*Mon-Fri: 8:30 am- 5:00 pm (closed 12:30-1:30)*  
*Prenatal breastfeeding classes: $15/couple, 3rd Fri*  
*Post partum breastfeeding consult: $35/hour*  
  • IBCLCs on staff  
  • Pumps and pump parts, Bobby pillows, milk storage supplies, comfort gel pads, bras, bra fitting service, many other supplies  
  • Guest speakers available

Bear River Valley Hospital IHC  
905 North 1000 West  
Tremonton, UT  84337  
(435)207-4681 labor and delivery  
*Referral to Logan Regional Medical Center*  
  • Inpatient assessment, BF assistance  
  • Electric pump for in hospital use

**WIC Clinics**

WIC  
817 West 950 South  
Brigham City, UT  84302  
(435)734-0845

WIC  
655 East 1300 North  
Logan, UT  84341  
(435)792-6451

WIC  
275 North Main Street  
Randolph, UT  84064  
(435)793-2445

WIC  
125 South 100 West  
Tremonton, UT  84337  
(435)257-3318

**Pump Rentals/Breastfeeding Supplies**

Cache Valley Oxygen  
1395 North 500 East, Suite A  
Logan, UT  84341  
(435)752-2227  
*Rents Medela pumps*

Intermountain Healthcare Home Care  
1400 North 550 East  
Logan, UT  84341  
(435)716-5305  
*Rents Ameda pumps*

**Other Community Resources**

La Leche League of Box Elder County  
Jenny (435) 257-4650  
Sara (435) 723-5488

La Leche League of Logan  
Aneesa (435) 554-8667, aneesabeutler@gmail.com  
Elizabeth llleader.elizabeth@gmail.com
Central Utah (Juab, Millard, San Pete, Sevier, Piute, and Wayne counties)

Hospitals/Clinics

Delta Community Medical Center IHC
126 South White Sage Avenue
Delta, UT 84624
(435)864-5591 ask for Nurse’s station
- Prenatal class with BF component
- Inpatient breastfeeding assistance, consults, call-in questions, home visits
- Hand pumps offered inpatient
- Routine calls for all discharged patients needing assistance

Fillmore Community Medical Center IHC
674 South Highway 99
Fillmore, UT 84631
(435)743-5591
Inpatient breastfeeding assistance

Sanpete Valley Hospital IHC
1100 South Medical Drive
Mount Pleasant, UT 84647
(435)462-2441 Ask for nurses’ station
Inpatient BF assistance

Central Valley Medical Center RHMC
48 West 1500 North
Nephi, UT 84648
(435)623-3000
RN in-patient BF assistance

Nephi Medical Clinic
48 West 1500 North
Nephi, UT 84648
(435)623-3200

Sevier Valley Hospital IHC
1100 North Main Street
Richfield, UT 84701
(435)893-4100
- Prenatal classes with BF component
- RN inpatient BF assistance

Pump Rentals/Breastfeeding Supplies

Remed Medical
43 South Main
Richfield, UT 84701
(435)896-6474
Rents Medela pumps

WIC Clinics

WIC
428 East Topaz Boulevard, Ste. D
Delta, UT 84624
(435)864-3612

WIC
50 South 400 West
Fillmore, UT 84631
(435)743-5723

WIC
555 North Main
Junction, UT 84740
(435)577-2521

WIC
18 South Main
Loa, UT 84747
(435)836-1317

WIC
40 West 200 North
Manti, UT 84642
(435)835-2231

WIC
20 South 100 West, Ste. 30
Mount Pleasant, UT 84647
(435)462-2449

WIC
146 North Main Street
Nephi, UT 84648
(435)623-0696

WIC
70 Westview Drive
Richfield, UT 84701
(435)896-5451

Other Local Resources

La Leche League of Utah
Utah Referral Line 801-264-LOVE
Davis County

Hospitals/Clinics

Lakeview Hospital MSH
630 East Medical Drive
Bountiful, UT  84010
(801)299-2200 Main number
(801)299-2247 Lactation hotline
  •  Inpatient breastfeeding support services
  •  Outpatient BF support services

Hill Air Force Base
75th Medical Group/SGA
7321 Balmer Street Bldg. 570
Hill Air Force Base, UT  84056
(801)728-2600
  •  Prenatal classes with BF component
  •  Lactation telephone consults

Davis Hospital & Medical Center IASIS
1600 West Antelope Drive
Layton, UT  84041
(801)807-1000
(801)807-7446 Lactation
  •  Prenatal classes with BF component
  •  Breastfeeding classes
  •  Inpatient BF assistance, call-in questions
  •  IBCLC on staff
  •  Outpatient follow-up by appointment

WIC Clinics

WIC
140 East Center Street, Rm. 52
Clearfield, UT  84015
(801)773-8834

WIC
596 West 750 South
Woods Cross, UT  84010
(801)292-7803

Pump Rentals/Breastfeeding Supplies

L.A.C.E. by Louise
344 south 500 West, Ste. 2
Bountiful, UT  84010
(801)294-5223
www.lacebylouise.com
  •  Rents Ameda and Medela pumps
  •  Breastfeeding supplies

Other Local Resources

La Leche League of Weber/Davis
http://www.lllusa.org/UT/WeberDavis/index.html
Salt Lake County

Hospitals/Clinics

Alpine Medical Group
1060 South 100 East
Salt Lake City, UT  84102
(801)595-8899
- Lactation consultations by MD, IBCLC
- Phone consults for established patients only
- Ameda Pumps

Altaview Hospital
9660 South 1300 East
Sandy, UT  84094
(801)501-2600 main number
- Prenatal classes with a BF component
- Breastfeeding classes
- Inpatient BF counseling available

LDS Hospital IHC
325 8th Avenue
Salt Lake City, UT  84103
(801)507-7731 Childbirth Education
Prenatal class with BF, $55/couple
BF Class 4th Monday of each month $20
- Inpatient counseling and call-in Qs
- Pump kits available
- “Rooming in” encouraged
- IBCLC on staff

Intermountain Medical Center IHC
5121 Cottonwood Street
Murray, UT  84157
(801)507-7000 Main number
(801)507-7661 Lactation Coordinator
- Prenatal class with BF component
- Breastfeeding classes
- Inpatient BF assistance

Jordan Valley Medical Center IASIS
3580 West 9000 South
West Jordan, UT  84088
(801)561-8888
- Breastfeeding classes taught by IBCLC
- Inpatient BF assistance and call-in Qs
- Pump kits available

Madsen Health Center
555 South Foothill Boulevard, Rm. 301
Salt Lake City, UT  84112
(801)581-1000

Pioneer Valley Hospital
3460 S Pioneer Parkway
West Valley City, UT  84120
(801)964-3460 Women’s Services
- Inpatient BF assistance
- Rooming-in is encouraged

Primary Children’s Medical Center IHC
100 Mario Capecchi Drive
Salt Lake City, UT  84113
(801)662-1000 Main Number
(801)662-3686 Lactation Consultant
IBCLC inpatient BF assistance

St. Mark’s Hospital MSH
1200 East 3900 South
Salt Lake City, UT  84124
(801)743-6616 Lactation Services
(801)268-7940 Class sign-up
- Breastfeeding classes
- Breastfeeding follow-up

Salt Lake Regional Medical Center IASIS
1050 East South Temple
Salt Lake City, UT  84102
(801)350-4111
- Prenatal class with a BF component
- Breastfeeding class taught by an IBCLC
- Inpatient BF assistance
- Pump rental, supplies through pharmacy
- IBCLC on staff

Teen Mother & Child Program
University of Utah
3690 South Main Street
Salt Lake City, UT  84115
(801)468-3278

University Hospital
50 North Medical Drive
Salt Lake City, UT  84132
(801)581-2121 ask for lactation services
(801)581-2328 perinatal education
“Baby-Friendly” Hospital designation
- Breastfeeding classes
- Inpatient and out-patient BF assistance
- Inpatient pumps provided
- Pump rentals (Medela) for out-patient
- IBCLC on staff
WIC Clinics

WIC
610 South 200 East, Ste. 111
Salt Lake City, UT  84111
(801)534-4629

WIC
3690 South Main Street
Salt Lake City, UT  84115
(801)468-3500

WIC
1625 West 700 North
Salt Lake City, UT  84116
(801)322-0502

WIC
9340 South 700 East
Sandy, UT  84070
(801)256-1978

Pump Rentals/Breastfeeding Supplies

Apria Healthcare
1555 West 2200 South
Salt Lake City, UT  84119
(801)972-5353

Rents Medela pumps

Baby’s Choice
1508 East Mountain Manner (7280 South)
Cottonwood Heights, UT  84121
(801)680-6455

www.abclactation.com
- Rents Ameda and Medela pumps
- IBCLC on staff

Deseret Medical
560 West Fine Drive
Salt Lake City, UT  84115
(801)270-8440

Rents Medela pumps, will deliver

IHC Home Care
2250 South 1300 West
Salt Lake City, UT  84119
(801)887-7320

Rents Medela and Ameda pumps, will deliver

Lactation Plus
794 West Spanish Oak Way (6160 South)
Murray, UT  84123
(801)281-1881

www.lactationplus.com

Rents Medela and Ameda pumps

Lactation Station
3142 South Highland Drive
Salt Lake City, UT  84106
(801)467-3434

www.lactationstation.com
- Medela pump rentals
- Breastfeeding supplies
- IBCLC consultation appointments available

Maternal Instincts
676 E Union Square (9400 South)
Sandy, UT  84070
(801)568-7020

www.themomshop.com
- Rents Ameda and Medela pumps
- Breastfeeding supplies
- IBCLC on staff

Tender Lactation Care
8046 South Laguna Drive
West Jordan, UT  84088
(801)561-4156

- Rents Ameda pumps
- Breastfeeding supplies available
- IBCLC consultation appointments available

Other Local Resources

La Leche League of Murray
http://lllofmurray.blogspot.com/

La Leche League of Salt Lake City
http://lllofslc.wordpress.com/
breastfeedingslc@gmail.com

La Leche League of Sandy
http://www.lllofsandy.blogspot.com/
LLLofsandy@gmail.com
Southeastern Utah (Carbon, Emery, Grand and San Juan counties)

**Hospitals/Clinics**

Blue Mountain Hospital  
802 South 200 West  
Blanding, UT  84511  
(435)678-3993  
*Manual pumps available*

Allen Memorial Hospital RHMC  
719 West 400 North  
Moab, UT  84532  
(435)259-7191  
- Prenatal classes with BF component  
- RN inpatient BF assistance  
- Postpartum home visits as needed

San Juan County Hospital  
364 West 100 North  
Monticello, UT  84535  
(435)587-2116  
- Prenatal classes with BF component  
- RN inpatient breastfeeding assistance  
- Manual breast pumps

Monument Valley Health Center  
4 Rock Door Canyon Drive  
Monument Valley, UT  84536  
(435)727-3328

Castleview Hospital  
300 North Hospital Drive  
Price, UT  84501  
(435)637-4800

**WIC Clinics**

WIC  
196 East Center Street  
Blanding, UT  84511  
(435)678-2723

WIC  
25 West Main Street  
Castle Dale, UT  84513  
(435)381-2252

WIC  
305 Center Street  
East Carbon, UT  84520  
(435)888-0814

WIC  
305 West Main Street  
Green River, UT  84525  
(435)564-8236

WIC  
471 South Main Street, Ste. 4  
Moab, UT  84532  
(435)259-5602

WIC  
117 South Main Street  
Monticello, UT  84535  
(435)587-2021

WIC  
28 South 100 East  
Price, UT  84501  
(435)637-3671

**Other Local Resources**

La Leche League of Utah  
Utah Referral Line 801-264-LOVE
Southwestern Utah (Washington, Iron, Kane, Garfield and Beaver counties)

**Hospitals/Clinics**

- **Beaver Valley Hospital**
  85 North 400 East
  Beaver, UT  84713
  (435)438-7100
  - RN inpatient BF assistance
  - Pumps available for use in hospital

- **Hildale Health Service Center**
  1065 North Hildale Street
  Hildale, UT  84784
  (435)874-2217

- **Valley View Medical Center**
  1303 North Main Street
  Cedar City, UT  84721
  (435)868-5000
  - Prenatal classes with BF component
  - Inpatient BF assistance
  - Home consultations by appointment
  - IBCLC on staff
  - Sells Ameda breast pumps

- **Kane County Hospital and Clinic**
  355 North Main Street
  Kanab, UT  84741
  (435)644-5811 Hospital
  (435)644-4100 Clinic
  - Prenatal classes with BF component
  - RN inpatient BF assistance

- **Garfield Memorial Hospital IHC**
  200 North 400 East
  Panguitch, UT  84759
  (435)676-8811
  - Prenatal classes with BF component
  - Inpatient BF assistance, call-in questions
  - Electric pumps for in-hospital use

- **Dixie Regional Medical Center IHC**
  1380 East Medical Center Drive
  St. George, UT  84790
  (435)251-1000
  - Prenatal class with BF component
  - Breastfeeding classes
  - DVDs available for rental
  - Out-patient BF consultation appointments
  - IBCLC on staff

**WIC Clinics**

- **WIC**
  1175 North 75 West
  Beaver, UT  84713
  (435)438-2482

- **WIC**
  260 DL Sargent Drive
  Cedar City, UT  84720
  (435)586-2437

- **WIC**
  245 South 200 East
  Kanab, UT  84741
  (435)644-2537

- **WIC**
  609 North Main Street
  Panguitch, UT  84758
  (435)676-8800

- **WIC**
  620 South 400 East Ste. 400
  St. George, UT  84770
  (435)673-3528

**Pump Rentals/Breastfeeding Supplies**

- **Intermountain Healthcare Home Care**
  1424 Foremaster Drive
  St. George, UT  84790
  (435)251-2323
  *Rents Ameda and Medela pumps, $85/month*

- **Peterson Medical**
  43 North 700 East
  St. George, UT  84770
  (435)628-4949

**Other Local Resources**

- **Hope Pregnancy Center**
  427 West 100 South, Ste. B
  St. George, UT  84770
  (435)652-8343
  [http://hopepregnancyutah.org](http://hopepregnancyutah.org)

- **La Leche League of Cedar City**
  [http://www.cedarcitylll.blogspot.com/](http://www.cedarcitylll.blogspot.com/)
  [lalecheleaguecedarcity@yahoo.com](mailto:lalecheleaguecedarcity@yahoo.com)
Summit County

Hospitals/Clinics

Park City Medical Center
900 Round Valley Drive
Park City, UT  84060
(435)658-7000 ask for Labor and Delivery
- Prenatal class with BF component
- RN inpatient BF assistance
- Pumps available inpatient

WIC Clinics

WIC
85 North 50 East
Coalville, UT  84017
Call the Park City office for hours/appointment

WIC
110 North Main Street
Kamas, UT  84036
Call the Park City office for hours/appointment

WIC
650 Round Valley Drive
Park City, UT  84060
(435)333-1515

Other Local Resources

La Leche League of Utah
Utah Referral Line 801-264-LOVE

Tooele County

Hospitals/Clinics

Mountain West Medical Center
2055 North Main Street
Tooele, UT  84074
(435)843-3600
Breastfeeding classes

WIC
151 North Main Street
Tooele, UT  84074
(435)277-2321

WIC
100 South 9th Street
Wendover, UT  84083
(435)665-7004

Other Local Resources

La Leche League of Utah
Utah Referral Line 801-264-LOVE
Tricounty (Uintah, Duchesne, and Daggett counties)

Hospitals/Clinics

Uintah Basin Medical Center
250 West 300 North
Roosevelt, UT  84066
(435)722-4691 main number
(435)722-6150 OB ask for breastfeeding assistance
  • Inpatient breastfeeding assistance
  • Out-patient BF assistance by appointment
  • Hand pumps available

Ashley Regional Medical Center
150 West 100 North
Vernal, UT  84078
(435)789-3342
  • Prenatal classes with BF component
  • Postpartum BF instruction

WIC Clinics

WIC
281 East 200 North
Roosevelt, UT  84066
(435)722-6333

WIC
133 South 500 East
Vernal, UT  84078
(435)247-1179

Pump Rentals/Breastfeeding Supplies

Uintah Basin Home Health
26 West 200 North
Roosevelt, UT  84066
(435)722-2418
Rent Ameda pumps

Other Local Resources

La Leche League of Vernal
Amber (435)789-6108
lllofvernal@gmail.com
Utah County

Hospitals/Clinics

American Fork Hospital IHC
170 North 1100 East
American Fork, UT 84003
(801)855-3300
- Prenatal classes with BF component
- Breastfeeding classes
- Inpatient BF assistance
- Referral to A Mother’s Touch Lactation

Orem Community Hospital IHC
331 North 400 West
Orem, UT 84057
(801)224-4080
- Prenatal classes with BF component
- Breastfeeding classes
- Inpatient BF assistance
- Referral to A Mother’s Touch Lactation

Timpanogos Regional Hospital MSH
750 West 800 North
Orem, UT 84057
(801)714-6025 OB
RN inpatient BF assistance

A Mother’s Touch Lactation Clinic IHC
527 West 400 North, Ste. 3
Orem, UT 84057
(801)714-3327
- Lactation consultation by appointment
- Rents Ameda pumps

Mountain View Hospital MSH
1000 East 100 North
Payson, UT 84651
(801)465-7000
- RN inpatient BF assistance
- Inpatient pumps available

Utah Valley Regional Medical Center IHC
1034 North 500 West
Provo, UT 84604
(801)357-7850
- Prenatal class with BF component
- Breastfeeding classes
- Inpatient BF assistance
- Referral to A Mother’s Touch Lactation

WIC Clinics

WIC
599 South 500 East
American Fork, UT 84003
(801)851-7320

WIC
1549 South State, Ste. 104
Orem, UT 84057
(801)851-7340

WIC
910 East 10 North, Ste. 175
Payson, UT 84651
(801)851-7360

Pump Rentals/Breastfeeding Supplies

Praxair Medical
400 North Geneva Road, Ste. F
Lindon, UT 84042
(801)374-2556 or (801)785-1000
Rents Ameda and Medela pumps

For Every Mother
1410 North Main Street
Orem, UT 84057
(801)224-4143
Rents Ameda and Medela pumps

B & H Pharmacy
286 Center Street
Provo, UT 84601
(801)373-7288
Rents Ameda Elite pumps

Intermountain Home Care
289 West 1230 North
Provo, UT 84604
(801)357-8250
Rents Ameda and Medela pumps
Art City Pharmacy
405 south Main Street
Springville, UT  84663
(801)489-5618
*Rents Ameda and Medela pumps*

**Other Local Resources**

La Leche League of Northern Utah County
Kathy (801) 785-6764, kymama08@hotmail.com
Janet (801) 341-5047

La Leche League Provo/Orem
Leah leah_mike@comcast.net
Heidi (801) 224-8016
Valerie (801) 225-2794

La Leche League of Spanish Fork
Kathleen (801) 794-0018

**Wasatch County**

**Hospitals/Clinics**

Heber Valley Medical Center IHC
1485 South Highway 40
Heber City, UT  84032
(435)654-2500
- Lactation consultations
- Pumps available inpatient

WIC
55 South 500 East
Heber City, UT  84032
(435)657-3266

**Other Local Resources**

La Leche League of Utah
Utah Referral Line 801-264-LOVE
Weber and Morgan Counties

Hospitals/Clinics

McKay Dee Hospital IHC
4401 Harrison Boulevard
Ogden, UT  84403
(801)387-2800
(801)387-4132 Breastfeeding Matters Clinic
(801)387-4128 Retail Store

Lactation Consultations Daily 8-2
Breastfeeding classes $15
- Inpatient breastfeeding consults
- Outpatient consults by appointment
- Breastfeeding supplies
- Ameda and Medela pump rentals

Ogden Regional Medical Center MSH
5475 south 500 East
Ogden, UT  84405
(801)479-2684 Lactation Services
(801)479-2600 Breastfeeding classes

Breastfeeding classes 1st Tuesday of each month, $20/couple
- Breastfeeding classes taught by an IBCLC
- Inpatient BF assistance

WIC Clinics

WIC
236 East Young Street
Morgan, UT  84050
(801)829-4275

WIC
477 23rd Street
Ogden, UT 84401
(801)399-7200

Pump Rentals/Breastfeeding Supplies

A-1 Medical
134 31st Street
Ogden, UT  84401
(801)394-4455

Medela Classic pump rentals

IHC Medical Home Care
4387 south Harrison Boulevard, Ste. D5
Ogden, UT  84403
(801)622-5150

Pump rentals $80/month

Other Local Resources

La Leche League of Weber/Davis
http://www.lllusa.org/UT/WeberDavis/index.html
Breast Pump Manufacturers

Ameda
www.ameda.com
(866)992-6332

Avent
http://www.usa.philips.com/c/avent-baby-breastfeeding/28523/cat
(800)542-8368

Bailey
www.baileymed.com
(800)413-3216

Hygeia
www.hygeiababy.com
(888)PUMP-4-MOM

Lansinoh
http://www.lansinoh.com/breastfeeding
(800)292-4794

Medela
http://www.medelabreastfeedingus.com
(800)435-8316

Playtex
(888)310-4290
Breastfeeding Information Websites

Breastfeeding Help & Support


Choosing a Baby-Friendly Birthing Facility - www.babyfriendlyusa.org/

Daily Inspiration for the Nursing Mother - www.lactations.com/index.php

Find a Lactation Consultant - www.ilca.org/i4a/pages/index.cfm?pageid=3337

La Leche League International - www.llli.org/

Utah Breastfeeding Coalition - www.utahbreastfeeding.org/

General Information

American College of Nurse-Midwives - www.gotmom.org/


American Academy of Pediatrics (AAP) - www.aap.org/breastfeeding/familiesLanding.html


Baby Center - www.babycenter.com/breastfeeding

Baby Gooroo - www.babygooroo.com/

National Women’s Health Information Center - www.womenshealth.gov/breastfeeding

Breastfeeding.com - www.breastfeeding.com

International Breastfeeding Centre - www.drjacknewman.com/

Kellymom Breastfeeding & Parenting - www.kellymom.com/


Texas WIC Program- www.breastmilkcounts.com/

Medications & Other Exposures

Alcohol Elimination in Breastmilk - www.motherisk.org/women/updatesDetail.jsp?content_id=347

Pregnancy RiskLine, Utah Department of Health - www.health.utah.gov/prl/

Texas Tech University Health Sciences Center (Dr. Hale) - www.infantrisk.com/

**Other Breastfeeding Topics**

Adoptive Breastfeeding - www.fourfriends.com/abrw/

Biological Nurturing - http://www.biologicalnurturing.com/

Breastfeeding after Reduction - www.bfar.org

Breastfeeding and Working - www.workandpump.com/

Donor Milk - www.hmbana.org

HIV and Breastfeeding - www.anotherlook.org

Low Milk Supply - www.lowmilksupply.org/

Multiple Births - www.multiplebirthscanada.org/english/breastfeeding.php

Nutrition for Breastfeeding Moms - www.choosemyplate.gov/mypyramidmoms/index.html
# Breastfeeding Product & Resource Websites

## Apparel and Supplies

- **Bravado! Designs Inc.**
  - [www.bravadodesigns.com](http://www.bravadodesigns.com)
  - Maternity and nursing bras in sizes 32B to 46G, nursing apparel

- **Lactation Connection**
  - [www.lactationconnection.com](http://www.lactationconnection.com)
  - Nursing bras in sizes 30B to 50K, nursing apparel, breast pump sales and rentals, breastfeeding supplies

- **Leading Lady**
  - [www.leadinglady.com](http://www.leadinglady.com)
  - Maternity and nursing bras in sizes 34A to 56DD, nursing apparel

- **Motherwear**
  - [www.motherwear.com](http://www.motherwear.com)
  - Maternity and nursing bras in sizes 32A to 46H, nursing apparel, breastfeeding supplies

- **NuAngel, Inc**
  - Breastfeeding products
  - [www.nuangel.com](http://www.nuangel.com)

## Resources for Parents

- **American Academy of Pediatrics**
  - [www.aap.org/bookstore](http://www.aap.org/bookstore)
  - Books

- **Geddes Productions (Kittie Frantz)**
  - Books

- **La Leche League International**
  - [http://store.llli.org/public](http://store.llli.org/public)
  - Books for parents and children

- **Sierra Lactation**
  - [www.breastfeedingart.net](http://www.breastfeedingart.net)
  - Breastfeeding art
Lactation Books

For Parents


Behan E. *Eat Well, Lose Weight While Breastfeeding*. Ballantine Books; 2006.


Bumgarner NJ. *Mothering Your Nursing Toddler*. La Leche League International; 2000. (Also available in Spanish.)


Sinnot A. *Breastfeeding Older Children*. Free Association Books; 2009.


**Children’s Books**


Martin C. *We Like to Nurse*. Hohm Press; 1995. (Also available in Spanish.)

Martin C. *We Like to Nurse Too*. Hohm Press; 2009. (Also available in Spanish.)


Ross ME. *Mama’s Milk*. Tricycle Press; 2007. (Also available in Spanish.)
Special Support

Doulas of Utah
For both certified and non-certified Doulas in your area, contact:
DONA International
100 East Washington Street
Springfield, Illinois 62701
(888) 788-3662
www.dona.org

International Lactation Consultant Association
- Find a lactation consultant
- Educational materials for professionals
www.ilca.org

La Leche League of Utah
Referral line: (801)264-LOVE (5683)
http://www.llusa.org/UT/Utah.html

United States Breastfeeding Committee
http://www.usbreastfeeding.org/

Critically Ill Infants

High Risk/Critically Ill Newborn Support
- Parent-to-Parent support group
- University of Utah hospital
(801)581-2098
http://healthcare.utah.edu/hospital/supportgroups.html

New Parents

Mommy & Me New Parent Support Group
LDS Hospital
(801)466-1245 Judi Rausch

Mommy & Me New Parent Support Group
Altaview Hospital
(801)507-7731

Twin/Multiple Support

Northern Utah Parents of Multiples
www.multikids.org

Salt Lake Mothers of Twins
http://www.slmot.com/

Utah Valley Mothers of Multiples
http://www.uvmom.com/