

## **Valuable Resources for Breastfeeding Moms in Carithers Pediatrics**

Breastfeeding is a wonderful way to provide complete nourishment to your baby. That being said, breastfeeding can be hard! For the first few weeks, it can be painful, tiring and very stressful. In hopes of minimizing anxiety about the process, we have compiled a list of our favorite trusted resources to help you along the way. Please take a moment to consider the following and know that we will assist you in every way we know how!

### **Hospital Lactation Consultant Services**

#### **Ascension St. Vincent's - Clay County**

Address: 1670 St. Vincent's Way, Middleburg, FL 32068

Phone: (904) 602-BABY

#### **Ascension St. Vincent's - Southside**

Address: 4201 Belfort Rd, Jacksonville, FL 32216

Phone: (904) 296-5212

#### **Baptist Medical Center- Beaches**

Address: 1350 13th Ave S, Jacksonville Beach, FL 32250

Phone: (904) 874-6818

#### **Baptist Medical Center- Clay**

Address: 1771 Baptist Clay Drive Fleming Island, FL 32003

Phone: (904)-516-1268

#### **Baptist Medical Center- Downtown**

Address: 800 Prudential Dr, Jacksonville, FL 32207

Phone: (904) 202-2298

**Baptist Medical Center - South**

Address: 14550 Old St. Augustine Road Interstate 95 Exit 335, Jacksonville, FL 32258

Phone: (904) 271-6831

**HCA Memorial Hospital**

Address: 3625 University Blvd. South, Jacksonville, FL 32216

Phone: (904) 702-1538

**HCA Orange Park Hospital**

Address: 2001 Kingsley Ave, Orange Park, FL 32073

Phone: (904) 639-3515

**NAS JAX**

Address: 2080 Child Street Jacksonville, Florida 32214 | Hospital Central Tower, 8th Floor

Phone: (904) 250-6374

**UF Health Jacksonville**

Address: 655 8th St W, Jacksonville, FL 32209

Phone: (904) 244-2690

**UF Health St. Johns**

Address: 400 Health Park Blvd, St. Augustine, FL 32086

Phone: (904) 819-4061

**Private Practice Lactation Consultant Services**

Ellen Haynes RN, IBCLC, ICCE

Phone: (904) 607-4495

Website: <https://registration.mytln.care/?practiceId=001RP000002VB1o>

Debbie Novak, RN, IBCLC

Phone: (904) 509-7013

Coastal Lactation Consultants

Kristin Gartner, RN, BSN, IBCLC and Kathy Soler-Sala, BA, IBCLC

Phone: (904)392-6179

<https://www.coastallactation.com/>

Thrive Lactation

Sarah Schooler RN, IBCLC and Lisa Conroy RN, IBCLC

Phone: (813)-291-4695

Website: <https://www.thrivelactationcenter.com/>

## **Wic Offices**

### **Baker County WIC**

Address: 480 W Lowder St, Macclenny, FL 32063

Phone: 904-320-6034

Breastfeeding Warmline 904-344-6317

### **Clay County WIC**

Address: 1845 Town Center Blvd., Bldg 400, Fleming Island, FL 32003

Phone: 904-272-3177 opt 2

Breastfeeding Warmline: 904-272-3177 Opt 3

### **Duval County WIC**

Pearl Office

Address: 5322-24 North Pearl Street Jacksonville, Florida 32208

Phone: 904-253-1500

Breastfeeding Warmline: 904-253-2083

Emerald Tiger Office

Address: 3225 University Boulevard South Jacksonville, Florida 32216

Phone: 904--253-1500

Breastfeeding Warmline: 904-253-2083

Wesconnett Office

Address: 5917 105th Street Jacksonville, FL 32244

Phone: 904--253-1500

Breastfeeding Warmline: 904-253-2083

**Nassau County WIC**

Callahan Clinic

Address: 45377 N. Mickler St. Callahan, FL 32011

Phone: 904-320-6030

Hilliard Clinic

Address: 37203 Pecan St, Hilliard, FL 32046

Phone: 904-320-6020

Yulee Clinic

Address: 86014 Pages Dairy Rd, Yulee, FL 32097

Phone: 904-875-6111

Breastfeeding Warmline 904-344-6317

**Putnam County WIC**

Address: 251 County Rd 315, Interlachen, FL 32148

Phone: (386) 326-3216

**St. Johns County WIC**

Address: 200 San Sebastian View, St. Augustine, FL 32084

Phone: (904) 209-3250 option 5

**Breastfeeding Support Groups & Resources**

**Ascension St. Vincent's - Clay County**

When: 1st Thursday of each month at 10: 30 am

Gottlieb Conference room 1st floor

**Ascension St. Vincent's - Southside**

When: 2nd Tuesday of each month 10-12pm

Family Birth Place

**Baptist Medical Center-Downtown**

New Mom's Support Group virtually: [Baptistjax.com/baby](http://Baptistjax.com/baby)

**Baptist Medical Center- South**

When: 2nd Tuesdays 6-7:30pm and 4th Wednesdays 10-11:30am

[Baptistjax.com/baby](http://Baptistjax.com/baby)

**Champions of Parents & Babies**

Address: Fellowship Bible Church CR220 & Knightbox Rd, Middleburg

When: 2nd & 4th Mondays 10:30am

### **La Leche League of Florida**

When: 4th Friday of each month 10:30am, zoom  
Visit LLLFlorida.com for updates for link: 904-994-1896

### **HCA Memorial Hospital**

When: The 3rd Friday of each month at 10: 30 am; The 3rd Tuesday at 6: 30 pm

### **NAS Jax**

When: Call for dates  
Phone: (904) 250-6374

### **UF Health St. Johns - Flagler**

Address: 400 Health Park Blvd. St Augustine, FL, 32086. Suite 4001  
When: Every Monday 1:30-2:30pm

### **UF Health- Towers**

When: Every Wednesday at 1: 00 pm

### **Westconnett WIC Breastfeeding Social**

When: 3rd Friday of each month 9:30-11:30am

## **Resources**

### **Breastfeeding**

First Droplets

Information and support on getting started with breastfeeding in the first five days and beyond.

<https://firstdroplets.com/>

## Infant Risk

Information on medication & human milk feeding, including the safety of common medication & OTC drugs

<https://www.infantrisk.com/breastfeeding>

## Kellymom

Evidence-based breastfeeding information written by International Board Certified Lactation Consultants (IBCLCs)

<https://kellymom.com/category/bf/>

## La Leche League

Peer-to-Peer Breastfeeding Information & support resources

<https://www.llli.org/breastfeeding-info/>

## **Milk Banks**

Mother's Milk Bank of Florida

Become a donor: <https://milkbankofflorida.org/faq/>

## **Mental Health / PPMD**

Better Beginnings Perinatal Mental Health

Our specialization focuses on perinatal mental health for women, men and families. We bring all the resources needed for complete intensive outpatient/partial hospitalization including onsite psychiatric services. Our holistic approach includes exercise/yoga classes, nutrition, sleep...even onsite child care.

<https://betterbeginningsfl.com/>

Motherhood Space, Maternal Mental Health & Wellness

Helping moms care for themselves, their baby and their family,

call 904-376-3800

<https://www.baptistjax.com/services/behavioral-health/maternal-mental-health>

### Postpartum Progress

A blog on postpartum depression & anxiety

<https://postpartumprogress.com/>

### Postpartum Support International

24 hour hotline & online support resources for parents dealing with postpartum depression & anxiety

<https://www.postpartum.net/>

### Community Support

NFLC Facebook Page

<https://www.facebook.com/northeastfloridalactationcoalition>

### Hurricane Resources

Hurricane & Breastfeeding info:

<https://l1lusa.org/breastfeeding-during-a-hurricane/>

#### **How to handle pumped breast milk:**

Use clean containers to store expressed milk. Reusable glass or plastic, hard sided containers with a secure fitting cap or breastmilk specific storage bags are considered the best for storing breastmilk.

For a normal, healthy infant at home, use sealed & chilled milk within 4 days. On the 4th day, milk should be used or frozen.



Freeze milk if you do not plan to use it within 4 days. Freeze milk in 2–4-ounce quantities. Label milk with date it was expressed and child’s name if delivering to childcare. Frozen milk is best within 6 months and acceptable to feed up to 12 months. Store milk in the back of the freezer, where the temperature is the coldest, not in the door. Use the oldest milk first.

You may add freshly expressed milk to chilled milk already in the refrigerator. Do not add freshly expressed milk to already frozen milk in a storage container.

You may thaw milk by placing it in the refrigerator, placing it in a bowl of warm water or under lukewarm running water. Milk can be served cold, room temperature or warm. Test milk temperature before feeding it to your baby by putting a few drops on your wrist. Milk should feel warm, not hot.

Never thaw or heat milk in a microwave. Microwaving destroys nutrients and creates hotspots, which can burn a baby’s mouth.

Previously frozen milk that has been thawed in the refrigerator must be used within twenty-four hours or discarded. Milk leftover from a feeding (baby did not finish bottle) must be used within 2 hours after the baby is finished feeding, after 2 hours, milk needs to be discarded.

Do not refreeze milk or save unfinished milk from a partially consumed bottle to use at another feeding.

### **Basic tips for augmenting low milk production:**

While the general principle of supply/demand typically applies to milk supply (i.e., the more your baby nurses, the more milk your body will make), not every situation is “by the book.” If you find yourself with a dwindling supply, the following are some methods that may help boost production.

Nurse and/or pump with increased frequency and for a longer period of time.

Drink plenty of water, coconut water, making sure to incorporate electrolytes to help with water absorption.

Consult a CLC/IBCLC or your OB's office if you have specific questions about medications or herbal supplements as these may, in appropriate situations, help increase supply.

Check out the list of "Top Websites and Resources" above for more ideas.

Remember – breastfeeding is a journey and we are happy to be a part of your team. Remember to take care of yourself and try to enjoy the bonding time with your baby!