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 calls 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 breastmilk
- Milk supply
- Local resources

Online Outpatient Breastfeeding Support Group
We have an online virtual breastfeeding support group. To register, e-mail lactation@stanfordchildrens.org to join. The support group is held every Thursday from 2:30 p.m. to 4:00 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

Telehealth Lactation Support
We will be starting one-on-one online Telehealth appointments.
E-mail us to get on the waitlist: 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:

<table>
<thead>
<tr>
<th>Resource Title</th>
<th>Phone Number</th>
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<tbody>
<tr>
<td>Nursing Mothers Counsel</td>
<td>(650) 327-6455 or (650) 327-6455-MILK</td>
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<tr>
<td>La Leche League International</td>
<td>1 (877) 452-5342 or 1 (877) 4LA-LECHE</td>
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<tr>
<td>Women, Infants, and Children (WIC)</td>
<td>(650) 573-2168</td>
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</table>

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

<table>
<thead>
<tr>
<th>Resource Title</th>
<th>Website</th>
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<tbody>
<tr>
<td>KellyMom</td>
<td><a href="http://www.kellymom.com">www.kellymom.com</a></td>
</tr>
<tr>
<td>Secrets of Baby Behavior</td>
<td><a href="http://www.secretsofbabybehavior.com/">http://www.secretsofbabybehavior.com/</a></td>
</tr>
<tr>
<td>Droplet</td>
<td><a href="http://www.firstdroplets.com">http://www.firstdroplets.com</a></td>
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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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**Author**: The Office of Patient and Family Education and Health Literacy  
**Medical Review**: Johnson Center