



## Lactation Services

### Pump Sales - Rentals - Breastfeeding Support

B.E.S.T. "Breastfeeding Education, Support and Togetherness" Support Group is hosted by a lactation consultant, and meets weekly most Wednesdays from 10:30am-12:00pm in our corporate office building at 1801 Research Boulevard, Rockville, MD 20850.

Come and join other new moms with their babies for this informal group. B.E.S.T. is a great resource for information and support for the continuation of breastfeeding, and assistance with challenging situations. **B.E.S.T. is free, but please call 1-800-542-5096 to register for each session you attend.** We have a maximum capacity of 9 mother-baby couples for each session, and want to ensure adequate space for each mom!

Phone consultations and assistance are available at 240-826-MOMS (6667). Telephone support is available Monday-Friday from 9:00am-4:30pm. This service offers assistance with breastfeeding questions, information about B.E.S.T., and appointment scheduling for a pump rental or purchase.

### Medela Breast Pump Sales, Rentals, and Pump Supplies

#### Available for Purchase

The full line of Medela electric breast pumps including:

- Freestyle "Hands-Free" Double Electric Breast Pump
- Pump in Style Advanced Double Electric Breast Pumps - Available in the Shoulder Bag, Backpack, or Metro Bag double electric pump styles and the Swing single electric pump.

#### Available for Rental

- Medela's Lactina and Symphony Double Electric Breast Pumps

Appointments are required for all pumps we sell or rent. Please call 240-826-MOMS (6667) for more information, pricing, or to schedule an appointment. We will be happy to demonstrate the use and care of all breast pumps we sell or rent.

### Lactation Consultation Appointments

If you are having urgent breastfeeding problems it would be most helpful to consult with a board certified lactation consultant as soon as possible. They have advanced training in breastfeeding management. You may find one practicing in our area by visiting the [International Lactation Consultant Association \(ILCA\)](#) website.



# Community Resources

Where To Find Breastfeeding Help After Discharge  
 Community Resources for Breastfeeding Help

**Holy Cross Hospital Lactation Services**  
**301-754-7745**

**Free Warm Line for breastfeeding questions Monday – Friday 9:00 am – 4:30 pm**  
 Sign up for ParentCare – e Newsletter at [holycrosshealth.org](http://holycrosshealth.org)

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| <p><b><u>Montgomery County</u></b><br/>         Bethesda Breastfeeding<br/>         Kathy McCue<br/>         301-943-9293</p> <p>Shady Grove Adventist<br/>         240-826-MOMS</p> <p>Lynnette Hafken IBCLC<br/>         240-888-2123</p> | <p><b><u>Prince George's County</u></b><br/>         Birth Baby &amp; Business<br/>         Brenda White RN CCE<br/>         240-441-7474</p> <p><b><u>Frederick County</u></b><br/>         Frederick Memorial Hospital<br/>         301-698-3880</p> | <p><b><u>Anne Arundel County</u></b><br/>         Anne Arundel Medical Center Warm Line<br/>         443-481-6977</p> <p><b><u>Virginia</u></b><br/>         Breastfeeding Consultants of No.Va<br/>         703-620-3323<br/>         Sue Tiller<br/>         703-266-3823</p> | <p><b><u>Howard County</u></b><br/>         Barbara Heiser<br/>         410-995-3726</p> <p><b><u>Washington DC</u></b><br/>         Breastfeeding Center For Greater Washington<br/>         202-293-5182</p> |
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**The Lactation Consultants above charge a fee for their services.  
 Ask for an explanation of their fees.**

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| <p><b>The National Breastfeeding Helpline</b><br/> <b>Free Help in English and Spanish</b><br/> <b>Monday-Friday 9 am – 6 pm</b></p> | <p><b>800-994-9662</b></p>                       |
| <p><b>Breastfeeding National Network</b></p>   | <p><b>800-835-5968</b></p>                       |
| <p><b>La Leche League DC and MD Help Line –</b></p>  | <p><b>202-269-4444</b></p>                       |
| <p><b>La Leche League – Northern Virginia Help Line –</b></p>  | <p><b>703-534-8548</b></p>                       |
| <p><b>La Leche League – Baltimore Help Line –</b></p>  | <p><b>410-526-4285</b></p>                       |
| <p><b>La Leche League – 1-800-LA_LECHE, Monday – Friday 9:00am – 3:00 pm (Central Time)</b></p>                                      |  |
| <p><b>WIC Hotline –</b></p>  | <p><b>1-800-242-4WIC<br/>         (4942)</b></p> |