

LA LECHE LEAGUE

La Leche League of NJ (908) 766-1277
La Leche League 1 800-LA LECHE

BREAST PUMP RENTALS

Hollister/Egnell 1 800 323-8750

Neptune Carlton Medical 988-0180
Middletown SunRay 671-0350

Medela 1 800 435-8316

Allenhurst Ocean Breastfeeding Med. 660-0707
Barnegat Medicap Pharmacy 609 698-2200
Brielle Nancy Kleinfeld 292-0355
Freehold CentraState Health Care Sys. 308-0570
Long Branch Monmouth Medical Center 923-6857
Ocean Township Kathleen Sultana 643-1406

**BOARD CERTIFIED LACTATION CONSULTANTS,
PRIVATE PRACTICE (IBCLC)**

Cara Horowitz Keansburg 787-5501
Nancy Kleinfeld, RD Brielle 292-0355
Cathay Knipscher, RN Middletown 291-3503
Rachel Levine Atl. Highlands 708-9262
Lysanne Loucel Freehold 431-1091
Susan Mayer Avon 988-7720
Debbie Pagano Brick 295-2536
Kathleen Sultana, RN Ocean Township 643-1406
Rita Traina, RNC Bayville 269-5844

BREASTFEEDING MEDICINE

Cynthia Barabas, MD, IBCLC Wall 280-3334

All phone numbers are area code 732 unless otherwise indicated

**Ten Steps
to
Successful Breastfeeding**

Formulated by the World Health Organization & UNICEF

Every facility providing maternity services & care for newborn infants should:

1. Have a written breastfeeding policy that is routinely communicated to all health care staff.
2. Train all health care staff in skills necessary to implement this policy.
3. Inform all pregnant women about the benefits and management of breastfeeding.
4. Help mothers initiate breastfeeding within a half hour of birth.
5. Show mothers how to breastfeed, and how to maintain lactation even if they are separated from their infants.
6. Give newborn infants no food or drink other than breastmilk, unless medically indicated.
7. Practice rooming-in: allow mothers and infants to remain together 24 hours a day.
8. Encourage breastfeeding on demand.
9. Give no rubber nipples or pacifiers to breastfeeding infants.
10. Foster the establishment of breastfeeding support groups, and refer mothers to them on discharge from the hospital or clinic.

***Monmouth / Ocean
Breastfeeding Consortium***

***Breastfeeding
Resource Guide***

njBreastfeedingHelp.org

Our comprehensive online resource for nursing moms and health care providers

Mission Statement:

The Monmouth / Ocean Breastfeeding Consortium seeks to encourage, support, protect, and promote breastfeeding, through education, beginning in pregnancy and continuing through the first year of life.

The Consortium’s goals reflect those of the *Baby Friendly Hospital Initiative* and the *Ten Steps to Successful Breastfeeding*, developed by UNICEF and the World Health Organization, and the American Academy of Pediatrics 1997 *Policy Statement on Breastfeeding*.

Breastfeeding alone provides the best possible nutrition for the first 6 months of life.

Members of the Consortium include:

- | | |
|--------------------------------|----------------|
| breastfeeding peer counselors | nurse-midwives |
| childbirth educators | nutritionists |
| community-based support groups | parents |
| community health nurses | pharmacists |
| lactation consultants | physicians |
| maternal/child health nurses | |

For membership information, call 787-3684

Hospital-based and WIC

BRICK HOSPITAL, Brick
*Board Certified Lactation Consultant (IBCLC)
*breastfeeding classes
CONTACT: Rita Traina, RNC, IBCLC 785-8805

CENTRASTATE HEALTHCARE SYSTEM, Freehold
Breastfeeding Center
*Board Certified Lactation Consultants (IBCLC)
*breastfeeding classes/support groups
*Medela breast pump rental/retail station
Breastfeeding WarmLine: 294-2599
CONTACT: Anne Giblin, RN 308-0570

COMMUNITY MEDICAL CENTER, Toms River
*Board Certified Lactation Consultants (IBCLC)
*breastfeeding classes/support groups
*private breastfeeding consultation (fee)
CONTACT: Donna Jagger, RNC, CCE, IBCLC 557-8034

JERSEY SHORE UNIVERSITY MEDICAL CENTER, Neptune
*Board Certified Lactation Consultants (IBCLC)
*breastfeeding classes
*private breastfeeding consultation (fee)
CONTACT: Joyce McKeever, RN, IBCLC 776-4541
Linda Carroll, RN, IBCLC 776-4281

KIMBALL MEDICAL CENTER, Lakewood
*breastfeeding classes
CONTACT: 363-1900

Breastfeeding Services

MONMOUTH MEDICAL CENTER, Long Branch
*Board Certified Lactation Consultant (IBCLC)
*breastfeeding classes and support groups
*private breastfeeding consultation (fee)
*Medela breast pump rental/retail station
CONTACT: Pat Templeton, RN, IBCLC 923-6857

RIVERVIEW MEDICAL CENTER, Red Bank
*Board Certified Lactation Consultant (IBCLC)
*breastfeeding classes and support groups
CONTACT: Carol Rybakowski, RNC, IBCLC 450-2738 or 530-2323

OCEAN COUNTY HEALTH DEPARTMENT WIC
(WIC is the Federal supplemental nutrition program for women, infants and children)
*Board Certified Lactation Consultants (IBCLC)
*breastfeeding peer counselors
*breastfeeding classes and support groups
*breast pumps, breastfeeding aids, free to participants
CONTACT: Susan Mayer, IBCLC 341-9700 ex. 7550

VISITING NURSE ASSN. OF CENTRAL JERSEY WIC
(WIC is the Federal supplemental nutrition program for women, infants and children)
*Board Certified Lactation Consultants (IBCLC)
*breastfeeding peer counselors
*breastfeeding classes and support groups
*breast pumps, breastfeeding aids, free to participants
*Breastfeeding Help Line 1 800 427-9803
CONTACT: Cathay Knipscher, RN, IBCLC 787-3684

Electric breast pumps are available to inpatients at all listed hospitals

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