

## Breast feeding Resources

### BREAST PUMP:

- Go online [Edgepark.com](http://Edgepark.com) or [Aeroflowbreastpumps.com](http://Aeroflowbreastpumps.com). Fill out info, make sure insurance is listed. They will send a prescription to us, we fill out and sent back, they mail pump to you.

### Free Classes:

- WIC: 801-851-7312 Lactation specialists offering information and classes for WIC clients. **FOR EVERYONE!!** Do prenatal breastfeeding classes, parent/infant classes and one on one classes. Can text them for information
- La Leche League. 801-264-LOVE. Go to website find group. <http://www.llli.org>.
- FirstDroplets.com, free videos!
- Local breast feeding support group. At Utah birth suites in Provo. On the Frist and third Monday at 6PM. Camille Jorgen's hosts. Discuss breastfeeding topic and mingle with moms.
- The lactation Collection by Anna Burch does free classes/support groups monthly typically at Utah birth place in Provo.

### Breastfeeding Classes:

#### ONLINE CLASSES:

- IHC, Understanding Breastfeeding eClass. \$50
- Milkology: \$27 for 90 minute pre-recorded class. Watch with your partner at own pace. Or she has breastfeeding basics, back to work, pumping, or monthly access for \$19 a month.
- Mountain Point Medical/Holy Cross- Online course, Understanding breastfeeding. Self-pace pre-recorded class. \$65
- Built to birth: Prerecord class \$70.

#### IN PERSON:

- Revere Health OB/GYN- We have a prenatal class that has a breastfeeding class. You can just come to Breastfeeding class or come to whole 5 week series.
- Timpanogos Hospital- Breastfeeding Basics. Taught once a month on Saturday. \$25.

## **Lactation Consultants:**

1. Jill Lancaster & Camille Jorgensen  
385-325-1950 <https://lactivistactivist.com>
2. Julie Manley Johnson  
746 Winchester street G-10 Murray, Utah 84107  
801-608-8947 <https://www.birthandbreastfeedingsolutions.com/>
3. Intermountain Health Connect Care: 385-297-6455- do virtual lactation support- 7am-7PM daily.

## **Hotlines/Free advice:**

- National Breastfeeding Helpline: 1-800-994-9662
- MotherToBaby Helpline: 801-328-2229
- WIC Breastfeeding Hotline: 1-877-942-543

## **Instagram Accounts to follow:**

@the\_lactationdoula (Camille Jorgen's account, Lactation consultation in Utah)

@Glactivistactivist

@thelactationcollection

@Breezy\_babies

@aloha.nutrition