Who To Call For Help

Your Pediatrician’s Office
St. Regis Mohawk Tribe Health Services
(518) 358-3141
Medical Clinic
Centering for Pregnancy
Community Nutrition Program/WIC

Akwesasne Healthy Babies Healthy Children
(613) 575-2341 x3230
After Hours line 1-888-847-9614

Massena Memorial Hospital
(315) 769-4249
Tender Touches Birthing Center
Breastfeeding Classes
Monthly Breastfeeding Support Group

Alice Hyde Medical Center
(518) 481-2244
Family Maternity Center
Childbirth Classes

Healthy Families of the North Country
(518) 563-8206

La Leche League Cornwall
(613)662-4243  (613)932-7167

Trusted Websites

Stanford School of Medicine
Getting Started with Breastfeeding
http://newborns.stanford.edu/
Breastfeeding

International Breastfeeding Center
www.nbci.ca

NYS WIC Breastfeeding Program
www.breastfeedingpartners.org

Drugs and Breastfeeding
Dr. Thomas Hale
www.MommyMeds.com
LactMed

Kelly Mom Parenting and Breastfeeding
www.kellymom.com

For Breast Pump information
www.ameda.com
www.medela.com

LLL International
1-877- 4-LA LECHE
www.lalecheleague.org

Baby Café USA®
www.babycafeusa.org

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