Essex County Breastfeeding Resources

Who to call for help

Adirondack Medical Center
Stafford New Life Center
518-897-2361

Essex County
Health Department
518-873-3500

UVMHN at CVPH
Alice T. Miner Center for
Women and Children
Lactation Clinic  518-562-7142
Newborn Nursery  518-562-7770

Women Infants & Children (WIC)
Breastfeeding Coordinators & Peer Counselors
Essex County  518-873-3560
Franklin County  518-483-4262
Clinton County  518-565-4830

Trusted Websites

Stanford School of Medicine
Getting Started with Breastfeeding
http://newborns.standford.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 Site
www.kellymom.com

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

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

Public Health Nurses

Essex County  518-873-3500
Franklin County  518-481-1709
Saranac Lake & Tupper Lake  518-891-4471
Clinton County  518-565-4848

For more information, call your pediatrician’s office.

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