



LACTATION SUPPORT INFO

Breastfeeding Management Clinic at Children's Hospital

Maya Bunik, MD (pediatrician and also certified lactation specialist, plus a psychologist and a nurse lactation consultant). Hour long visits. Covered by most insurance, including Medicaid.

(720) 777-2740 to schedule an appointment

- **Mondays:** 1-4:30 p.m. at Children's Hospital Colorado on Anschutz Medical Campus in Aurora
- **Tuesdays:** 8:30-11 a.m. at Children's Hospital South Campus, Highlands Ranch
- **Wednesdays:** 8:30-11 a.m. at Children's Hospital Colorado, Uptown Denver
- **Thursday:** 8:30-11 a.m. at Children's Hospital Colorado Outpatient at the Village Pavilion in Aurora

Mother's Milk Bank

303-869-1888

- \$4/oz. They sell 4oz bottles (\$16 per bottle).
- They do offer donor milk from donor cow-milk-free moms.
- Call for same day pick up orders.

Rose lactation support

Every Monday from 1 - 2 p.m. in 4500 E. 9th Ave., Goodstein Conference Room 3. To come to a meeting for helpful tips and conversation with the Lactation Nurse Consultant and other new moms, call 303-320-2072.

PSL lactation support

Telephone support through Lactation Services 303-869-2212

Breastfeeding support groups conducted by an IBCLC, Tuesday mornings from 10-11:30 a.m.

La Leche League

Leader Information

La Leche League Leaders are experienced mothers who have breastfed their own babies and who have been trained and accredited by La Leche League International to help mothers and mothers-to-be with all aspects of breastfeeding. They are available by phone whenever you have breastfeeding questions or concerns.

Meeting Information

La Leche League Denver Highlands (AM/PM meetings) meets every second Tuesday at 10am and every fourth Monday at 6:30pm.

HIP studio

2650 18th Street Suite 100

Denver, CO 80211

(do not go into main entrance; please follow arrows to back of the building and enter there.)

If you need breastfeeding help or have questions about the meeting, please call a Leader (listed below).

Leaders:

- Logan – 732-447-6647
- Jen – 303-217-6102

La Leche League of Denver (PM meeting) meets every first Tuesday of the month at 6:30 pm.

Natural Grocers

1433 Washington St (Colfax & Washington)

Denver, CO 80203

Enter the parking lot from Pearl Street between 14th and Colfax. Then, find them in the Meeting Room in the far right back corner from the store entrance.

If you need breastfeeding help or have questions about the meeting, please call a Leader (listed below).

Leaders:

- Leigh – 720-276-2415
- Sara – 303-307-8500
- Jen – 303-217-6102
- Carrie – 720-273-0022 (Habla español)

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- Mary – 303-750-9522

Morning Start Moms, Inc

Dana DeFreece, RN, IBCLC

P: 303-902-9025

E: dana3d@me.com

W: www.morningstarmoms.com

Private in-home lactation consultant. Speaks Spanish.

Consultation includes: mom/baby assessment, medical history, breastfeeding eval, pre-and post-feeding weights, custom feeding plans, and reports sent to providers (yours and baby's)

Faith McGinn – Family Builder Support Services

Faith Fues McGinn, BSN, RN, IBCLC

7100 East Belleview Avenue

Suite 109

Englewood, CO 80111

P: 720-323-9805

E: faithmcginn@gmail.com

W: www.faithmcginn.com

Great for women with breast reduction. Certified Doula, Certified Lactation Educator, Certified Childbirth Educator (Lamaze)

Another amazing resource for breastfeeding moms (with videos!)

<http://newborns.stanford.edu/Breastfeeding/>