



Do you have questions about breastfeeding?

Many mothers today decide to breastfeed. Breastfeeding gives your baby the most healthy start in life. Breastfeeding also offers a very special time for you and your baby...a gift of health, love and security. Sometimes, moms need help learning to breastfeed or need support. There are many other mothers who have great tips or ideas to help you. There are also breastfeeding specialists in Sarasota County. Pick up the phone and call anyone listed below. It is worth it to keep breastfeeding your baby as long as you can!

SARASOTA MEMORIAL HOSPITAL

Breastfeeding Warm Line: 917-7413

Breastfeeding Classes: 917-1700

LA LECHE LEAGUE

Julia Griffith: 918-1767, Christine Holland: 374-3870,
Debbie Eldridge: 922-2449, Laura Kati Serbin: 343-2620,
Jessica Adkins: 941-807-6040, Tanya Taylor: 234-9050
Tiffany Dawson 626-0653 (North Port),
Sarah Emprimo-Schwartz 587-9402 (Englewood/North Port)
Monthly meetings are held in Sarasota, North Port, and
Bradenton. Call for more information.

HEALTHY START PROGRAM

Free Services for Breastfeeding Problems: 861-2905

SARASOTA COUNTY HEALTH DEPARTMENT

WIC and Nutrition Breastfeeding Coordinators:
Aubrey Will (Sarasota) - 861-2960
Susan Kling & June Vargas (Venice) - 861-3336

*"My baby deserves the
best... He deserves me."*

-Sarasota Healthy Start Client



BREAST PUMP RENTAL

Walgreens: Waldemere Plaza - 955-6012, Bee Ridge & 41 - 926-2522

WEBSITES FOR PARENTS

La Leche League (<http://www.lalecheleague.org>)

Breastfeeding.com (<http://www.breastfeeding.com>)

FL Breastfeeding Coalition (<http://www.flbreastfeeding.org>)

Dr. Jack Newman (<http://www.breastfeedingonline.com>)

Breastfeeding for African American Women

(<http://www.womenshealth.gov/Pub/BF.AA.pdf>)

askdrsears.com

<http://modimes.org/>

www.kellymom.com

<http://www.breastfeedingbasics.com>

[Gotmom.org](http://gotmom.org)

TOLL FREE PHONE HELP

Office of Women's Health BF Help Line

(M-F 9 am-6 pm EST) 1-800-994-9662

African-American Breastfeeding Alliance

(M-F 9 am-5 pm EST) 1-877-532-8535



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