

Breastfeeding Resources

Private Lactation Consultants

Mary Wisneski: 480-964-0987

Doris Christiansen: 480-833-2262

Michaela Zach: 480-406-7413

Maryann Thurston: 480-831-9504

Arizona Breastfeeding Center: 480-442-8491

Doreen Conner: 480-209-6608

Tatiana Daughtery: 602-743-8062

Rene Moore: 602-725-6648

Rene Moore: 602-725-6648

Marissa Honey-Jones: 480-800-7707

Cara Riek: 480-208-1490

Hospital Lactation and Support Groups

Mercy Gilbert: 480-728-7422

Banner Desert: 480-412-3035

Chandler Regional: 480-728-3161

AZ Dept of Health Breastfeeding Hotline

(24 hr): 1-800-833-4642

Breastfeeding Specialty Stores and Pump Rentals

Modern Mommy Boutique: 3335 W Chandler Blvd. #3 Chandler 85286, 480-857-7187

Anything for Baby: Delivered to Home - 480-515-9783

Serenity Feeding Supplies: Delivered to Home – 480-239-1866

Maryann Thurston (Ameda and Medela pumps only): 480-831-9504

Websites

www.icla.org

www.azbreastfeeding.org

www.gobreastmilk.org

www.azwic.gov

www.llofaz.org

www.lowmilksupply.org

Low Milk Supply Herbal Supplement:

Fenugreek: DO NOT USE IN MOTHERS with diabetes, asthma, peanut allergy or if taking blood thinners

Urine may smell like maple syrup (mostly in mom, but can also occur in baby)

Mother's Milk Tea: Fenugreek is an ingredient in the tea; see above warnings