

Breastfeeding Resources Livingston and Wyoming County



INTERNET BREASTFEEDING RESOURCES

- ❖ [CDC.gov/Breastfeeding](https://www.cdc.gov/Breastfeeding)
 - CDC breastfeeding guidance
- ❖ [Health.ny.gov/prevention/nutrition/wic/breastfeeding/back_to_work_moms](https://www.health.ny.gov/prevention/nutrition/wic/breastfeeding/back_to_work_moms)
 - Breastfeeding resources for back to work or school and current laws for mothers breastfeeding in public
- ❖ [ILCA.org](https://www.ilca.org)
 - International Lactation Consultant Association, find a lactation consultant in your area
- ❖ [WICBreastfeeding.fns.usda.gov](https://www.wicbreastfeeding.fns.usda.gov)
 - USDA support for breastfeeding moms
- ❖ [WomensHealth.gov/breastfeeding](https://www.womenshealth.gov/breastfeeding)
 - Breastfeeding questions and answers
- ❖ [YouTube.com/user/cobfcvideos](https://www.youtube.com/user/cobfcvideos)
 - Videos about moms, employers and breastfeeding friendly workplaces

HOSPITAL SUPPORT

Noyes Memorial Hospital

- <https://www.urmc.rochester.edu/noyes/healthcare-services/family-birthing-center.aspx> NYS Department of Health
- (585) 335-4248

Highland Hospital Birthing Center

- <https://www.urmc.rochester.edu/highland/maternity/about.aspx>
- (585) 341-6808

Strong Hospital Birthing Center

- <https://www.urmc.rochester.edu/ob-gyn/strong-beginnings.aspx>

The Birthing Center at Thompson Hospital:

- (585) 396-6260 or (585)

Rochester General Hospital Women's Care Unit

- (585) 922-4062
- <https://www.rochesterregional.org/locations/rochester/the-womens-health-center-at-rochester-general-hospital>

Unity Hospital

- (585) 368-4033
- https://www.unityhealth.org/family_birthplace/overview.aspx

Batavia Birthing Center

- (585) 343-6030
- <https://www.rochesterregional.org/services/womens-health/childbirth-centers/united-memorial-maternity-unit/birthing-team>

COMMUNITY BREASTFEEDING SUPPORT RESOURCES

Livingston-Wyoming WIC

- Breastfeeding Peer Counselor Program and Breast Pump Program
- Certified Lactation Counselors available prenatally and post-partum for support.
 - 2 Murray Hill Drive, Mt. Morris NY 14510
 - Phone: 585-243-7530
 - Text: 855-356-7411
 - Email: WIC@co.livingston.ny.us
 - Website: <https://www.livingstoncounty.us/193/WIC>

Community Health Worker Program (PICHC)

- Certified Lactation Counselors, provides prenatal, post-partum, breastfeeding support, Certified Car Seat Technicians
 - 2 Murray Hill Drive, Mt. Morris, NY 14510
 - Phone 585-243-7299
 - Website: www.livingstoncounty.us/829/Community-Health-Worker

Wyoming County DOH

- IBCLC and home visiting program
 - 5362 Mungers Mill Rd. Silver Springs, NY 14550
 - Phone 585-786-8890
 - Email: health@wyomingco.net
 - Website: <https://www.wyomingco.net/272/Maternal-Child-Health>

Healthy Families

- Home Visiting Program, Certified Lactation Counselors, Certified Car Seat Technicians, Developmental Screenings and Socialization and group support
 - 34 East State St. Mt. Morris, NY 14510
 - Phone 607-968-0682
 - Email: healthy.families@dor.org
 - Website: <https://www.healthyfamiliesnewyork.org/>

COMMUNITY BREASTFEEDING SUPPORT RESOURCES CONT.

University of Rochester Lactation Support

- Before birth, after birth, NICU support with IBCLCs
 - 125 Lattimore Rd. Suite 280 Rochester, NY 14620
 - Phone 585-276-6455
 - Website: <https://www.urmc.rochester.edu/childrens-hospital/breastfeeding.aspx>

Catherine Wightman, IBCLC, Director of Lactation Care Management

- Before and after birth lactation support
 - Works within Noyes Hospital and Jones Memorial Hospital
 - Phone 585-204-0260
 - Catherine_Wightman@urmc.rochester.edu

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BREASTFEEDING CLASSES AND ADDITIONAL TOPICS

Strong Memorial Hospital Breastfeeding Courses

- <https://www.urmc.rochester.edu/ob-gyn/strong-beginnings/classes.aspx#PrenatalBreastfeedingHighlandHospitalBirthingCenter>

Highland Hospital Breastfeeding Courses

- <https://www.urmc.rochester.edu/highland/maternity.aspx>

Women's Health Guide to Breastfeeding

- <https://www.womenshealth.gov/your-guide-to-breastfeeding>

Positive Expressions

- <https://www.livingstoncounty.us/829/Community-Health-Worker>



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