

What types of support are available to breastfeeding mothers?

International Board Certified Lactation Consultants (IBCLC)

Professionals specialized in providing evidence-based management of breastfeeding including preventative care, education and therapeutic treatment.

Certified Lactation Counselors (CLC)

Able to provide safe, evidence-based breastfeeding support and assistance.

Certified Lactation Educators (CLE)

Qualified to provide normal breastfeeding support and teach the public about breastfeeding.

La Leche League Leaders (LLL)

A mother with specific breastfeeding and parenting experience as well as breastfeeding training for the support of normal breastfeeding.

Breastfeeding Peer Counselors (BPC)

A mother with training for the counseling and support of normal breastfeeding.

How do I choose?

Every resource listed has a specially trained breastfeeding counselor on staff who can answer your basic breastfeeding questions.

If you are experiencing breastfeeding difficulty, **an IBCLC will be able to provide the most comprehensive care.**

For assistance selecting a community resource or for immediate breastfeeding assistance, call the Tennessee Breastfeeding Hotline.



Servicios de apoyo a la lactancia materna en español

Cada lugar mencionado tiene a una especialista capacitada en lactancia materna, para responder a sus preguntas básicas sobre la lactancia. Muchos de estos lugares tienen servicios de interpretación.

Si necesita ayuda para elegir uno de ellos o ayuda inmediata para lactancia materna, llame a Tennessee Breastfeeding Hotline, al 855-423-6667.

Servicios de apoyo en español

Estos servicios se dan en español, sin intérprete.

Condado de Knox

Breastfeeding Center at Lisa Ross 865-246-1940

Condado de Jefferson

Cherokee Health Systems – Talbott 423-587-7337
La enfermera de práctica avanzada, especialista en lactancia, habla español.

Condados de Loudon y Monroe

Mamás lactantes 865-458-2514
Grupo de apoyo de mamás que hablan español.
Un buen lugar para conocer a otras madres y recibir ayuda.

Brought to you by the

Knox County
Health Department



Every Person, A Healthy Person

For updates or suggestions, please contact
Community Health at the Knox County Health Department.
865-215-5170

East Tennessee Lactation Consultant Association

865-207-3430

East Tennessee Breastfeeding Coalition

865-246-1940

This project is funded under an agreement with the State of Tennessee.



Department of
Health

Breastfeeding Welcomed Here



Area businesses that
pledge to support
breastfeeding are listed at
[tn.gov/health/article/
breastfeeding-
welcomedHere](http://tn.gov/health/article/breastfeeding-welcomedHere)



Community Breastfeeding Resources

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Breastfeeding Consultations

For resolving breastfeeding complications

IBCLC Office Consultations

Outpatient visits for breastfeeding assistance.

Anderson	
Oak Ridge Pediatric	865-482-4088
Blount	
Blount Memorial Hospital	865-977-5555
Knox	
Breastfeeding Center at Lisa Ross	865-246-1940
Knox County WIC Program	865-215-5060
Lisa Paul, IBCLC	865-582-6585
Jefferson	
Cherokee Health Systems – Talbott	423-587-7337

Home Visits

For in-home breastfeeding assistance.

Knox & Surrounding Counties	
Candy Scarbrough, IBCLC	865-934-9679
Lisa Paul, IBCLC	865-582-6585
Sharon Nichols, RN, IBCLC	865-705-9577
Kim Sebeck, CLC	865-705-7734

IBCLC Hospital Consultations

For mothers and babies admitted to the hospital.

Anderson	
Methodist Medical Center of Oak Ridge	865-835-2268
Blount	
Blount Memorial Hospital	865-977-5555
Knox	
East Tennessee Children's Hospital	865-541-8680
Fort Sanders Regional Hospital	865-541-1962
Parkwest Medical Center	865-373-4081
Tennova Physicians Regional Medical Center	865-545-3325
University of Tennessee Medical Center	865-305-9831

Breastfeeding Support

For basic breastfeeding assistance

Prenatal Breastfeeding Classes

To help you to prepare for breastfeeding.

Anderson	
Methodist Medical Center of Oak Ridge	865-835-2268
Blount	
Blount County Health Department	865-983-4582
Jefferson	
Jefferson County Health Department	865-397-3930
Knox	
Breastfeeding Center at Lisa Ross	865-246-1940
Fort Sanders Regional Hospital	865-673-3678
Knox County WIC Program	865-215-5060
Parkwest Medical Center	865-374-7275
Tennova Physicians Regional Medical Center	855-836-6682
Turkey Creek Medical Center	855-836-6682
University of Tennessee Medical Center	865-305-9831

Breastfeeding Support Groups

Led by trained breastfeeding counselors, groups provide opportunities for breastfeeding mothers to connect with each other.

Anderson	
Anderson County Breastfeeding Support Group	865-425-8757
La Leche League of Oak Ridge	865-483-8111
Mommy2Mommy	865-835-2268
Blount	
Blount's Bellies to Bosoms	865-983-4582
Hamblen	
Hamblen County Health Department	423-586-6431
Jefferson & Surrounding Counties	
La Leche League of Five Rivers	865-361-9773
Knox	
Knox Breastfriends	865-246-1940
La Leche League of Knoxville	865-599-6648
Turkey Creek Medical Center	855-836-6682
Loudon & Monroe	
Bellies & Breastfriends	865-556-4584
Nursing Mamas	865-458-2514
Sevier	
Sevier County Breastfeeding Support Group	865-453-1032

Additional Resources

WIC Breastfeeding Peer Counselor Services

Additional breastfeeding support for WIC participants.

Anderson County Health Department	865-425-8804
Blount County Health Department	865-983-4582
Campbell County Health Department	423-562-8351
Cocke County Health Department	423-623-8733
Hamblen County Health Department	423-586-6431
Jefferson County Health Department	865-397-3930
Knox County Health Department	865-215-5060
Loudon County Health Department	865-458-2514
Monroe County Health Department	423-442-3993
Sevier County Health Department	865-453-1032

Breast Pump Rentals & Supplies

These locations offer personalized instruction for proper pump use.

Anderson	
A Mother's Gift	865-483-4536
Blount	
Blount Memorial Hospital	865-977-5555
Knox	
University of Tennessee Medical Center	865-305-9831
The Tennessee WIC Program	

The TN WIC program also offers breast pumps on loan to WIC participants with special circumstances. Call your local health department for more information.

Tennessee Laws Protecting Public Breastfeeding

Mothers are encouraged to breastfeed on demand. Tennessee law protects a mother's right to breastfeed in public and private.

State Laws	
A mother has a right to breastfeed her child in any location, public or private, where the mother and child are otherwise authorized to be. (TCA 68-58-101)	
The act of breastfeeding shall not be considered public indecency, nudity, obscene, or sexual conduct. (TCA 68-58-102)	
Employers must accommodate breastfeeding mothers at work. (TCA 50-1-305)	
This protects daily unpaid break time for milk expression. Employers are required to make a reasonable effort to provide a private location, other than a bathroom, for milk expression.	