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Breastfeeding Recommendations

Initiate breastfeeding within one hour of birth

Exclusive breastfeeding for the first six months of life

Introduce foods at six months with continued breastfeeding up to two years and beyond if mom and baby wish to continue.

Follow this link to see the CDC’s recommendations on introduction of foods:

[When, What, and How to Introduce Solid Foods | Nutrition | CDC]
Get Started

To breastfeed, you need only your breasts and your baby!

Here are some items you could have on hand to make breastfeeding easier:

**Breast pump**
You may find having a breast pump beneficial when separated from your baby for work or travel. For more information about pumping, see page 8.

**Hot/cold pack**
Hot or cold compresses can be helpful in soothing sore breasts and helping with letdown.

**Nursing pads**
Nursing pads are soft inserts for your bra or shirt to aid with leaks if needed.

**Nursing bras and camisoles**
Nursing bras are made specifically for breastfeeding moms and have clasps to make on-demand feeding easier.

**Nipple cream**
A hypoallergenic nipple cream can soothe and protect skin. If nipple cream is needed, ask a lactation consultant for recommendations.
Common reasons to seek help

A lactation consultant can help answer questions about:

- Milk supply
- Pain or discomfort
- Positioning and/or latch
- Breast pump flange fit

Insurance usually covers lactation services. All hospitals that offer outpatient services and some independent providers in our area take insurance for visits.

If you are concerned that your baby is losing weight, contact your pediatrician.

Who’s Who

Lactation consult credentials: Know who to ask

**IBCLC** International Board Certified Lactation Consultants (IBCLC) are professionals with the highest level of lactation training and credential. IBCLCs are often healthcare professionals with additional clinical training in breastfeeding.

**CLS** Certified Lactation Specialists (CLS) is a healthcare provider such as a registered nurse, registered dietitian, midwife or physician who has additional training in breastfeeding. This certification is a stepping stone to becoming an IBCLC.

**CLC** Certified Lactation Counselors (CLC) are trained to educate, support and communicate best breastfeeding practices and address common concerns.

**CLE** Certified Lactation Educators (CLE) have received training in the support and education of breastfeeding and often lead group classes.
Breastfeeding consultations, classes and basic assistance programs

Private Practice

These providers offer prenatal and postpartum services. An asterisk (*) indicates providers who offer group services.

<table>
<thead>
<tr>
<th>Knox County Lactation Clinic</th>
<th>Milk+Honey Lactation Services</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lisa Paul, IBCLC</td>
<td>Jade Potter, RN, IBCLC</td>
</tr>
<tr>
<td>865-344-1788</td>
<td>865-505-0880 (call/text)</td>
</tr>
<tr>
<td><a href="mailto:lisa@knoxlactationclinic.com">lisa@knoxlactationclinic.com</a></td>
<td><a href="http://www.milkhoneylactationservices.com">www.milkhoneylactationservices.com</a></td>
</tr>
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<table>
<thead>
<tr>
<th>Calani Lactation Services*</th>
<th>Positive Breastfeeding</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kristin Williams, IBCLC</td>
<td>Cathy Raleigh, RN, IBCLC</td>
</tr>
<tr>
<td>865-223-2684</td>
<td>865-308-2556</td>
</tr>
<tr>
<td>calanilactationservices.com</td>
<td></td>
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</tbody>
</table>

Integrative Breastfeeding Consultant

Candy Scarbrough, CLC (IBCLC 2011-2021)
865-934-9679

<table>
<thead>
<tr>
<th>Health Departments</th>
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Contact your county health department for information about the WIC program and other local breastfeeding resources.

<table>
<thead>
<tr>
<th>Anderson County</th>
<th>Knox County</th>
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</thead>
<tbody>
<tr>
<td>Methodist Medical Center of Oak Ridge</td>
<td>Knox County WIC Office</td>
</tr>
<tr>
<td>865-835-4662</td>
<td>865-839-2733</td>
</tr>
<tr>
<td></td>
<td>robin.penegar@knoxc county.com</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Blount County</th>
<th>Loudon County</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blount County Health Department</td>
<td>Loudon County Health Department</td>
</tr>
<tr>
<td>865-983-4582</td>
<td>865-458-2514</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Campbell County</th>
<th>Scott County</th>
</tr>
</thead>
<tbody>
<tr>
<td>Campbell County Health Department</td>
<td>Scott County Health Department</td>
</tr>
<tr>
<td>865-203-0707</td>
<td>865-203-0707</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Jefferson County</th>
<th>Sevier County</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jefferson County Health Department</td>
<td>Sevier County Health Department</td>
</tr>
<tr>
<td>865-397-3930</td>
<td>865-453-1032</td>
</tr>
</tbody>
</table>
Support Groups
These groups are open to mothers at all stages of pregnancy and breastfeeding. Contact the group leader for meeting details.

La Leche League of Oak Ridge
865-483-8111
rrenegar1@gmail.com
http://www.facebook.com/LLLOakRidge

Knox Breastfriends Group (Facebook)
865-308-2556
robin.penegar@knoxcounty.org

Directory (Cont.)

Hospitals
Call for more information on prenatal and postpartum lactation support services and classes.

Anderson County
Methodist Medical Center of Oak Ridge
865-835-4662

Blount County
Blount Memorial Hospital
865-977-5555

Knox County
Fort Sanders Regional Medical Center
865-673-3678
covanthealth.com/fort-sanders-regional-teddy-bear-university-schedule

Parkwest Medical Center
865-374-7275
covanthealth.com/teddybearu/2022-parkwest-medical-center-tbu-schedule

University of Tennessee Medical Center (inpatient only)
865-305-9300
UTMedicalCenter.org
Most insurance companies cover the cost of a breast pump. If your plan does not, breast pumps can be rented. Pumping helps continue breastfeeding once you return to work, school or are away from your baby for an extended time.

These locations offer personalized instruction for proper pump use and hand expression.

**Breast Pump Resources and Assistance**

**WIC Offices**: The Tennessee WIC Program offers breast pumps to eligible participants under special circumstances. Contact your county WIC office for more information.

A Mother’s Gift, Anderson County ....................... 865-483-4536
Blount Memorial Hospital ............................. 865-977-5555

Pregnancy Help Center offers help obtaining breastpumps for those who qualify for their program.

**Breast Pump Insurance Coverage Support**

**Aeroflow Breastpumps** ................. breastpumps.aeroflowinc.com
Aeroflow offers an easy application to help your insurance company communicate with your healthcare provider for coverage.

**Milk Storage and Safety for Full-Term Infants**

Human Milk Storage General Guidelines: Storage Locations and Temperatures

<table>
<thead>
<tr>
<th>Types of breast milk</th>
<th>Countertop</th>
<th>Insulated Cooler</th>
<th>Refrigerator</th>
<th>Freezer</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>77°F or colder (25°C)</td>
<td>With ice packs</td>
<td>40°F (4°C)</td>
<td>0°F or colder (-18°C)</td>
</tr>
<tr>
<td>Freshly expressed or pumped</td>
<td>Up to 4 hours</td>
<td>Up to 24 hours</td>
<td>Up to 4 days</td>
<td>Within 6 months is best. Up to 12 months is acceptable.</td>
</tr>
<tr>
<td>Thawed, previously frozen</td>
<td>1-2 hours</td>
<td>—</td>
<td>Up to 1 day (24 hours)</td>
<td>Never refreeze human milk after it has been thawed.</td>
</tr>
<tr>
<td>Left over from a feeding (baby didn’t finish bottle)</td>
<td>Use within 2 hours after baby is finished feeding.</td>
<td>—</td>
<td>—</td>
<td>—</td>
</tr>
</tbody>
</table>

These guidelines are for healthy, full-term babies and may vary for premature or sick babies.

Source: CDC, 2019.
Tips for Going Back to Work

• Prior to returning to work, ask your employer about a lactation room and breaks needed for pumping.

• Identify a refrigerator for breastmilk.

• Practice feeding your baby expressed milk from a bottle before returning to work. Ask a lactation consultant about the transition.

• This three-part series can help moms make informed decisions on how to prepare to breastfeed once they return to work. All three modules can be shared with employers to advocate for a supportive, clean environment. Review the modules at knoxcounty.org/health/breastfeeding.php

Child Care Questions

Before baby arrives, research child care centers to ensure they will support your goals for breastfeeding.

Some questions you can ask include:

• Do you have a breastfeeding policy and are staff members trained to follow the policy?

• Can I come to the site to breastfeed during the day?

• How do staff members store and prepare breast milk?

• Do staff members feed babies as soon as they see feeding cues?
Most mothers do not produce enough milk.  
**Myth!** Moms may feel like they do not make enough milk, but only 2-5 percent of moms who breastfeed have low milk supply. Moms can make enough milk with any size breasts.

Breastfeeding can reduce a mother’s risk of developing certain cancers.  
**Fact!** Research has shown the longer you breastfeed, the lower your risk for ovarian, breast and cervical cancer.

You should space out your feedings so your breasts have time to refill.  
**Myth!** As demand for milk increases, milk supply increases.

You should stop breastfeeding when your child turns 2 years old.  
**Myth!** Breastfeeding is beneficial regardless of age. The right time to stop breastfeeding is decided by the mother and child.

Breastfeeding can help moms lose weight.  
**Fact!** Breastfeeding can burn up to 500 calories in one day, which can help moms lose weight.

Breastfeeding moms get less sleep.  
**Myth!** Research has shown that breastfeeding moms get the same amount of sleep as moms who use formula or a combination of breastfeeding and formula.
Additional Resources

Breastfeeding and Medication
Talk to your provider and visit

InfantRisk Center https://www.infantrisk.com/about-infantrisk-center

Coalitions and Associations

Tennessee Breastfeeding Coalition facebook.com/tnbreastfeeds/
East Tennessee Lactation Consultant Association 865-207-3430
Facebook.com/EastTNLCA

National Online Sources

La Leche League facebook.com/LaLecheLeagueUSA/
1,000 Days facebook.com/1000Days/
Breastfeeding USA facebook.com/BreastfeedingUSA/

Breastfeeding Welcomed Here Pledge
Find local businesses and day care centers that support breastfeeding.
tn.gov/health/health-program-areas/fhw/bf/breastfeeding-welcomed-here

Donate Milk

Mothers’ Milk Bank of Tennessee info@milkbanktn.org
615-933-8877
Knoxville Lactation Clinic knoxvillelactationclinic.com
lisa@knoxvillelactationclinic.com
865-344-1788
Contemporary Women’s Health cwhobgyn.com
865-540-1650

Information in this guide is from a set of professional resources and is available upon request.
Is it safe to breastfeed if I have COVID-19?

According to the CDC, current evidence suggests that breast milk is not likely to spread the virus to babies.

If you are in isolation for COVID-19:

1. Wash your hands with soap and water for at least 20 seconds before holding or caring for your newborn. If soap and water are not available, use a hand sanitizer with at least 60% alcohol.
2. Wear a well-fitting mask whenever you are within 6 feet of your newborn.
3. Keep your newborn more than 6 feet away from you as much as possible.
4. Talk to your health care provider about additional barrier options, such as placing your newborn in an incubator while in the hospital.

To help prevent the spread of COVID-19:

- Wear a mask to protect yourself and others and stop the spread of COVID-19.
- Stay at least 6 feet (about two arm lengths) from others who don’t live with you.
- Avoid crowds and poorly ventilated spaces.
- Get a COVID-19 vaccine when it’s available to you.
- Clean your hands often, either with soap and water for 20 seconds or a hand sanitizer that contains at least 60% alcohol.
- Avoid close contact with people who are sick.
- Cover your cough or sneeze with a tissue.
- Clean frequently touched objects and surfaces daily.
- Monitor your health daily.

For more information and resources on breastfeeding and COVID-19, follow this link: Breastfeeding and Caring for Newborns if You Have COVID-19 | CDC
Mothers’ milk is the best nutrition for newborns. But some babies don’t have access to their mother’s milk. With the support of moms like you, Mothers’ Milk Bank of Tennessee helps these vulnerable babies get the life-saving nutrition they need.

**LOVE IN EVERY DROP**

Prospective milk donors complete an application, medical screening, obtain physician’s consent and have a blood work covered by MMBTN. Learn more at milkbanktn.org/donate-milk.

After approval, donors deliver their milk frozen to one of MMBTN’s Milk Drop Depots located throughout Tennessee. Find a location near you at milkbanktn.org/depot.

Donor milk is then transferred to MMBTN’s pasteurization facility in Murfreesboro.

Once milk is pasteurized and screened, it is then bottled and shipped to NICUs in Tennessee and fed to fragile babies.

2909 Old Fort Parkway, Suite 105, Murfreesboro, TN 37128
info@milkbanktn.org   615-933-8877   milkbanktn.org
Mothers are encouraged to breastfeed on demand.

Tennessee law protects a mother’s right to breastfeed in public, in private and at work.

**TCA 68-58-101:** 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 68-58-102:** Breastfeeding shall not be considered public indecency or nudity, obscene, or sexual conduct.

**TCA 68-58-103:** Local governments shall not prohibit breastfeeding in public by local ordinance.

**TCA 50-1-305:** Employers must accommodate breastfeeding mothers at work. This protects unpaid break time for milk expression and requires employers to make a reasonable effort to provide a private location, other than a bathroom, for expression.

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**Servicios de apoyo a la lactancia maternal en español**

Cada lugar mencionado tiene a una especialista capacitada en lactancia maternal, 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 maternal, llame a Tennessee Breastfeeding Hotline 855-423-6667.

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For more information and resources, visit https://knoxcounty.org/health/breastfeeding.php