



Community Resources Virginia • Tidewater Chapter

Your Local BF USA Chapter

- Amanda Hockensmith, Breastfeeding Counselor - Amanda.H@BreastfeedingUSA.org
- Katie Brooks, Breastfeeding Counselor - Katie.B@BreastfeedingUSA.org
 - <https://bfusatidewater.wixsite.com/>
 - Facebook, Instagram, Twitter: @BFUSATidewater
 - Also available by text, phone, and scheduled one-on-one visits

IBCLC Groups

- Tidewater Lactation Group, Virginia Beach: (757) 422-5502
- BestFeeding Lactation Services, LLC, Chesapeake: (757) 944-1234
- Nurtured Family Consulting, Norfolk: (831) 324-3806 / (757) 943-9226
- Hampton Roads Doulas, Norfolk: (757) 349-6618
- HealthSource for Women, LLC, Chesapeake: (757) 436-3233
- Chesapeake Regional Healthcare, Chesapeake: (757) 312-3159
- Individual IBCLCs can be found at <http://www.ilca.org/why-ibclc/falc>

Support Groups

- Mom to Mom Breastfeeding Support Group, Virginia Beach
 - Meets at Sentara Princess Anne Hospital
 - Every Monday from 10 a.m. to 11:30 a.m.
 - For mothers of babies from birth to 12 weeks
- Bon Secours Breastfeeding Support Group

- Meets at Mary Immaculate Hospital Medical Pavilion, Newport News
- Every Wednesday from 10 a.m. to noon
- For current mothers
- Weight checks, observations, and one-on-one consultations available
- La Leche League
 - LLL Chesapeake: (480) 270-2817
 - LLL Norfolk: (757) 961-8951
 - LLL Peninsula (Yorktown): (757) 932-0232
 - LLL Portsmouth: (757) 828-6555
 - LLL Suffolk: (757) 357-4369
 - LLL Virginia Beach: (757) 204-5557

Pump Rentals - Before renting/purchasing a pump out-of-pocket, check for coverage under your health insurance plan.

- HealthSource for Women, LLC, Chesapeake: (757) 436-3233
 - <http://www.healthsourceforwomen.com/>
- Lactation Store, Chesapeake Regional Healthcare, Chesapeake: (757) 312-6508
- BestFeeding Lactation Services, LLC, Chesapeake: (757) 944-1234
- Bon Secours Mary Immaculate Hospital: (757) 886-6098

Classes

- Sentara Leigh Hospital, Norfolk & Sentara Princess Anne Hospital, Virginia Beach
 - <https://www.sentara.com/classesevents/events/breastfeeding-class-50.aspx>
 - \$35, various dates/times, registration required
 - Geared towards expectant mothers
- Bon Secours DePaul Medical Center, Norfolk & Mary Immaculate Hospital, Newport News
 - <https://reg.abcsignup.com/view/cal4a.aspx?ek=&ref=&aa=&sid1=&sid2=&as=10&wp=67&tz=&ms=&nav=&cc=&cat1=&cat2=&cat3=&aid=BSVHS&rf=>
 - \$10, various dates/times, registration required
 - Geared towards expectant and current mothers and fathers
- Chesapeake Regional Medical Center

- <https://chesapeakeregional.com/classes-and-events-calendar>
- \$25 or included with certain classes, various dates/, registration required
- Geared towards expectant mothers and fathers

WIC (Women, Infants, and Children) - Income-based program offering classes, peer counseling, pumps, and nutritional support. There are multiple offices per city.

- Visit <http://www.vdh.virginia.gov/local-health-districts/> to find your closest office
- Virginia Beach (757) 518-2789 / (757) 491-5183 / (757) 491-5928 / (757) 424-9970
- Chesapeake (757) 382-8608 / (757) 382-2651
- Hampton (757) 727-1140 / (757) 224-5007
- Newport News (757) 594-7502 / (757) 886-2810 / (757) 247-2184
- Norfolk (757) 531-2130 / (757) 355-5567 / (757) 683-9280 / (757) 683-9256
- Portsmouth (757) 393-5340 / (757) 686-4900
- Suffolk (757) 514-4724

Breastfeeding Accessory Retailers

- Target - Virginia Beach, Chesapeake, Norfolk, Hampton, Newport News
- Walmart - Virginia Beach, Chesapeake, Norfolk, Portsmouth, Hampton, Newport News, Suffolk
- Lactation Store, Chesapeake Regional Healthcare, Chesapeake: (757) 312-6508

Advocacy Groups

- Consortium for Infant and Child Health (CINCH), Norfolk: (757) 446-6039
 - www.CINCHcoalition.org

Virginia Breastfeeding Laws

- Virginia Breastfeeding Task Force
 - <http://vabreastfeeding.org/resources/virginia-breastfeeding-laws/>

Breastfeeding Help Lines

- Contact CHKD, Sentara, Bon Secours, & Chesapeake Regional for hospital-specific lines
- National Breastfeeding Helpline: (800) 994-9662, TDD (888) 220-5446
- La Leche League USA Breastfeeding Helpline: (877) 452-5324
- InfantRisk Center Helpline: (806) 352-2519

- Virginia Beach WIC: (757) 284-9428

Websites for General Reliable Information

- Breastfeeding USA www.BreastfeedingUSA.org
- KellyMom www.KellyMom.com
- Milky Mommas www.MilkyMommas.org
- Best for Babes www.BestForBabes.org
- La Leche League www.LLLI.org
- World Health Organization www.WHO.int/topics/breastfeeding/en/
- U.S. Department of Health www.womenshealth.gov/Breastfeeding
- PubMed Breastfeeding Articles
<https://www.ncbi.nlm.nih.gov/pubmed/?term=breastfeeding>

Websites for Medication Compatibility - These websites are for personal reference only. It is always advised to contact your medical provider prior to the use of any medication (OTC or prescribed) so that a thorough review of nursing compatibility may be conducted.

- LactMed <https://toxnet.nlm.nih.gov/>
- Infant Risk www.InfantRisk.com
- Mommy Meds www.MommyMeds.com
 - Mommy Meds on the App Store
<https://itunes.apple.com/us/app/mommymeds-pregnancy-safety.../id669222544?mt=8>

Last Updated: 10/02/2018

Non-BCs: Please submit suggested changes/additions to Amanda.H@BreastfeedingUSA.org or Katie.B@BreastfeedingUSA.org

