Breastfeeding Support for when you go home from University Hospital

Please know that breastfeeding is a learned skill for mother and baby. It may take quite a few weeks before you feel you are doing well at breast feeding.

If you have problems, questions, or worry, DO NOT GIVE UP!!! Contact your baby’s health care provider first. If you need more help, there is help for you.

**Telephone numbers and internet sites to help you with your breastfeeding success:**

- **University Hospital Post-Partum Unit**: 801-581-2261
  - Experienced nurses are available 24 hours a day, 7 days a week. Lactation consults are available during most daytime hours.
- **La Leche League**: 1-800-525-3243 or 1-800-LALECHE
  - Individual as well as group support provided by mothers with special training or interest in breastfeeding.
  - Website: [www.lllusa.org](http://www.lllusa.org)
  - Spanish help available
  - For local referrals – Utah Referral Line 801-264-LOVE (5683)
- **International Lactation Consultant Association (ILCA)**: 919-861-5577
  - ILCA is a professional group for Certified Lactation Consultants. The website offers links to local Certified Lactation Consultants who can help breastfeeding families.
  - Website: [www.ilca.org](http://www.ilca.org)
- **WIC**: Contact local office
  - WIC offers help for qualified breastfeeding moms and babies
  - Website: [health.utah.gov/wic](http://health.utah.gov/wic)