



TAMC Community Breastfeeding Resources

MILITARY FAMILY OUTPATIENT LACTATION CLINICS

By appointment only

**Outpatient Lactation Appointments are available to ALL DEERS eligible patients*

TAMC Virtual Breastfeeding Class: every Wednesday 5-6 PM

Call the Tripler OB Clinic to schedule the class starting at 27 weeks of pregnancy

Outpatient Lactation Clinics

Once you deliver schedule an appointment at Tripler or Schofield by calling the

CALL → Tripler OB Clinic 808-433-2778 Option 3, 7, 1

Tripler Lactation Clinic/OB Clinic: Wednesday, Thursday, Friday

Location: Tripler OB Clinic 4H, Mountain Side

Schofield Lactation Clinic Womens Health Clinic: Tuesday

Location: Schofield Barracks, Bldg. 683, Women's Health Clinic G

BREASTFEEDING EDUCATION

kellymom: www.kellymom.com

Stanford University: hand expressing and hands on pumping videos

www.med.stanford.edu/newborns/professional-education/breastfeeding/hand-expressing-milk.html

<http://newborns.stanford.edu/Breastfeeding/MaxProduction.html>

Office of Women's Health (Breastfeeding Education): www.womenshealth.gov/breastfeeding

La Leche League International: www.llli.org

American Academy of Pediatrics: www.healthychildren.org

Center for Disease Control: www.cdc.gov/breastfeeding/index.htm

Mothering Multiples: www.karengromada.com

LactMed app or website: toxnet.nlm.nih.gov (National Institute of Health: Drugs and lactation database)

The Wonder Weeks: (app or book) Learn how to track your baby's behavior.

NEW PARENT SUPPORT PROGRAM

New Parent Support Programs—parenting and lactation support

Army: Schofield Barracks: 808-655-4227

FT Shafter: 808-438-4227

Joint Base Pearl Harbor-Hickam: 808-474-1999

Marine Corps: 808-257-8803 (Facebook: KBay NPSP Ohana)

BREASTFEEDING FACEBOOK GROUPS

Multiples of Hawaii

Babywearers of Oahu

Babywearing International, Inc

Le Leche League of Oahu

Le Leche League USA

KellyMom.com

Postpartum Support International (PSI)

Thank you for trusting us with your care... Tripler Army Medical Center

Lactation Helpline 808-433-3732

****Call the TAMC OB Clinic to schedule an appointment***