

A close-up photograph of a woman with long dark hair, wearing a white ribbed cardigan, breastfeeding her baby. The woman is looking down at the baby with a gentle expression. The baby's head is visible in the bottom left corner, resting against the woman's chest. The background is plain white.

*Boulder County*

**Breastfeeding**  
Services & Resources

# Breastfeeding Support Services

This list is not an endorsement for any listed resources and is not suggested to be a complete listing of all available services.

	Lafayette/Louisville			Longmont						Boulder				County-wide			
Service	Avista Hospital	SCL Health Good Samaritan Medical Center	Clinica Family Health Center	Longmont United Hospital	Longs Peak Hospital	CU Center for Midwifery at Longmont Clinic	Salud Family Health Center	Community Roots Midwife Collective	Longmont La Leche League	Boulder Community Health	Birth Center of Boulder	Peoples Clinic	Boulder La Leche League	WIC	Nurse Family Partnership	Children with Special Needs	Genesis Teen Support
<b>Counselor, Consultant, or Leader</b>	IBCLC	IBCLC	CLC	CLC	IBCLC CLC	IBCLC	CLC	CLC	Trained La Leche League Leader	IBCLC CLC	IBCLC CLC	CLC	Trained La Leche League Leader	CLC	CLC	CLC	IBCLC CLC
<b>Spanish Available</b>	●	●	●		●		●		●	●		●		●	●	●	
<b>Prenatal Education</b>	●	●		●	●	●				●							●
<b>Breastfeeding Classes</b>	●	●		●	●					●	●						●
<b>Postpartum Breastfeeding Care/ Outpatient Consultation</b>	●	●	●	●	●	●	●	●		●	●	●					●
<b>Peer Support</b>	●	●	●	●	●			●	●	●	●	●	●	●			●
<b>Phone Support</b>	●	●		●	●				●	●			●	●	●	●	●
<b>Home Visits</b>			●					●				●			●	●	●
<b>Extended Lactation (e.g. nursing toddlers)</b>	●	●		●	●				●	●		●		●	●		
<b>Milk Bank Drop Off</b>	●	●				●				●							
<b>Baby Friendly™ Hospital Designation</b>		●								●							

Avista Hospital, 100 Health Park Dr., Louisville, 303-673-1088, [www.avistahospital.org](http://www.avistahospital.org)

Birth Center of Boulder, 2800 Folsom St., Boulder, 303-443-3993, [www.birthcenterofboulder.com](http://www.birthcenterofboulder.com)

Boulder Community Health, 4747 Arapahoe Ave., Boulder, 303-415-7230, [www.bch.org](http://www.bch.org)

Clinica Family Health Center, 1345 Plaza Court N., Lafayette, 303-650-4460, [www.clinica.org](http://www.clinica.org)

Community Roots Midwifery Center, 738 Coffman Street, Longmont, 855-664-3943, [www.midwifecollective.org](http://www.midwifecollective.org)

CU Midwifery Center at Longmont Clinic, 2030 Mountain View Ave. Suite 400, Longmont, 303-315-0400, [www.cucfmlongmont.com](http://www.cucfmlongmont.com)

Good Samaritan Medical Center, 200 Exempla Cr., Lafayette, 303-689-4766, [www.goodsamaritancolorado.org](http://www.goodsamaritancolorado.org)

Longmont United Hospital, 1950 Mountain View Ave., Longmont, 303-651-5111, [www.luhcares.org](http://www.luhcares.org)

Longs Peak Hospital, 1750 East Ken Pratt Blvd., Longmont, 720-718-3100, [www.uchealth.org](http://www.uchealth.org)

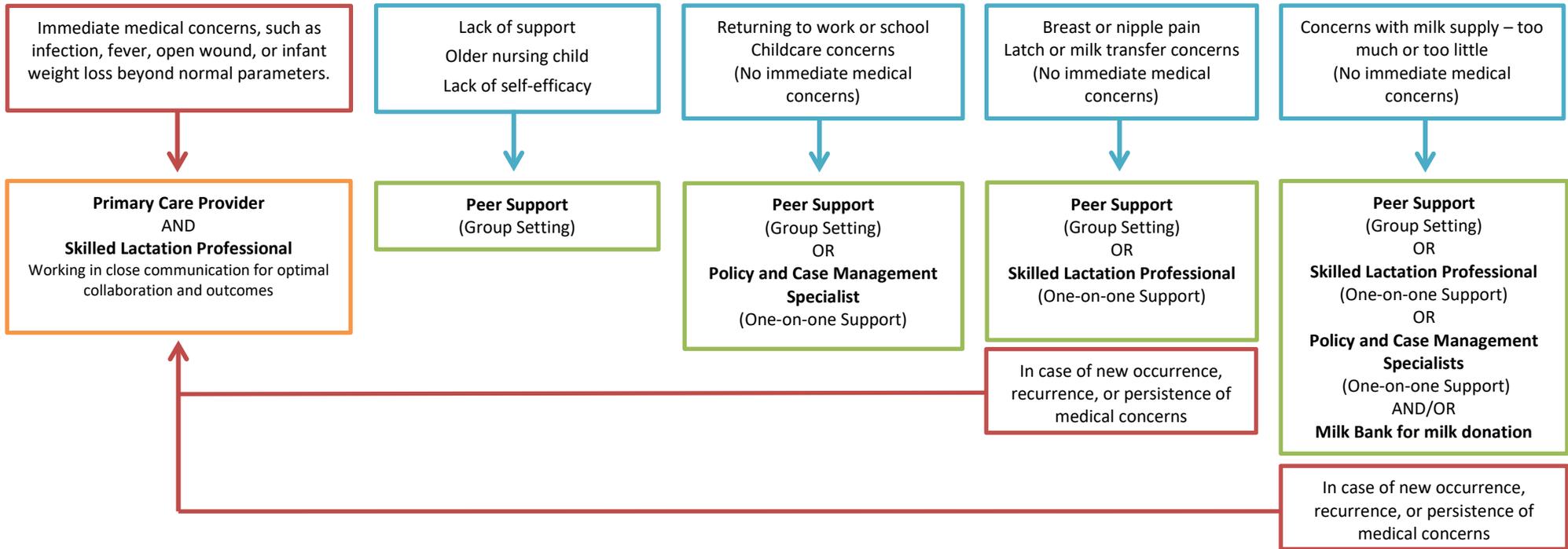
Salud Family Health Center, 220 E. Rogers Rd., Longmont, 303-MYSALUD (303-697-2583) [www.saludclinic.org](http://www.saludclinic.org)

Information Current as of March 2021

BoulderCountyBreastfeeding.org

# Breastfeeding Support Recommendations

Some services have income requirements. Consider income, insurance coverage or payment method, primary language, and location when selecting services.



## Definitions and Scopes of Work

**International Board-Certified Lactation Consultants (IBCLC)** have completed approximately five years of training and college-level advanced lactation education. IBCLCs possess the necessary skills, knowledge, and attitudes to provide quality breastfeeding assistance to babies and mothers. They specialize in the clinical management of breastfeeding, which includes: preventive healthcare, patient education, nutrition counseling, and therapeutic treatment. The IBCLC is generally prepared to work in any setting that provides breastfeeding support and care to mothers, infants, children, families, and communities. Settings that employ IBCLCs are inpatient, ambulatory, and community centers. IBCLCs are also trained to work independently.

**Certified Lactation Counselors (CLC)** have completed 45 hours of training and a comprehensive breastfeeding management course. Some hospital- or community-based CLCs may be in private practice and offer fee-based services. CLCs may need to refer families with challenging questions and concerns to an IBCLC.

**WIC Peer Counselors** have completed 30-50 hours of lactation training. They are mothers who have personal experience with breastfeeding and are trained to provide basic breastfeeding information and support to other mothers with whom they share various characteristics, such as language, race/ethnicity, and socioeconomic status. Peer counselors refer mothers with challenging questions and concerns to an IBCLC.

**La Leche League Leaders** are experienced breastfeeding mothers who are familiar with research related to breastfeeding. They offer practical information and encouragement to nursing mothers through monthly group meetings and one-to-one help.

**Breastfeeding Friendly Environments** are organizations, workplaces, educational institutions, and child care providers that foster policies and practices that support, promote, and protect breastfeeding for employees, students, and customers.

**Baby Friendly Hospital Initiative** is a global initiative of the World Health Organization and the United Nations Children’s Fund, implemented in the United States by Baby Friendly USA. It recognizes and rewards birthing facilities that successfully implement the Ten Steps to Successful Breastfeeding and the International Code of Marketing of Breast-milk Substitutes.

# Breastfeeding Related Supplies

This list is not an endorsement for any listed resources and is not suggested to be a complete listing of all available services.

Provider	Pump Rental	Pump Purchase	Pumping Supplies	Breastfeeding Supplies	Nursing Apparel
<b>Avista Hospital</b> 100 Health Park Dr., Louisville 303 673-1000 <a href="http://www.avistahospital.org">www.avistahospital.org</a>					
<b>Boulder Community Health</b> 4747 Arapahoe Ave., Boulder 720-854-7000 <a href="http://www.bch.org">www.bch.org</a>	●		●	●	
<b>Childish Things</b> 3183 Walnut St., Boulder 303-442-2703 <a href="http://www.childishthingsconsign.com">www.childishthingsconsign.com</a>					●
<b>Good Day Pharmacy</b> 1749 Main Street, Longmont 303-776-0709 <a href="http://www.gooddaypharmacy.com">www.gooddaypharmacy.com</a>	●		●		
<b>Grandrabbits Toy Shoppe</b> 2525 Arapahoe Ave., Boulder 303-443-0780 <a href="http://www.grtoys.com">www.grtoys.com</a>	●		●		
<b>Longs Peak Hospital</b> 1750 East Ken Pratt Blvd, Longmont 720-718-1255 <a href="http://www.uhealth.org">www.uhealth.org</a>	●		●		
<b>Nordstrom Rack</b> 1601 29th St. Boulder 720-389-3030 <a href="http://www.nordstrom.com">www.nordstrom.com</a>					●
<b>Once Upon a Child</b> 700 Ken Pratt Blvd., Longmont 303-772-5437 <a href="http://www.onceuponachild.com">www.onceuponachild.com</a>					●
<b>Rebecca's Apothecary</b> 1227 Spruce St., Boulder 303-443-8878 <a href="http://www.rebeccasherbs.com">www.rebeccasherbs.com</a>				●	
<b>Target</b> Multiple locations <a href="http://www.target.com">www.target.com</a>		●	●	●	●
<b>The Nursing Nook /Good Samaritan Hospital</b> 200 Exempla Cr., Lafayette 303-689-4766	●	●	●	●	●
<b>Walgreens</b> Multiple locations <a href="http://www.walgreens.com">www.walgreens.com</a>	●	●	●	●	

# Breastfeeding Support at Work, Childcare, and in Public Spaces

Colorado law requires that employers provide breastfeeding women with private space and time to express milk at work. Employers may not discriminate against women for expressing milk in the workplace. Boulder County Public Health provides support and technical assistance to help businesses, child care providers, medical offices, and public spaces improve policies and practices to meet the needs of breastfeeding families. For assistance or information about returning to work or school while continuing to breastfeed or for an up-to-date list of breastfeeding friendly child care providers, businesses, and organizations, visit [www.BoulderCountyBreastfeeding.org](http://www.BoulderCountyBreastfeeding.org).

## Online Support and Information

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Website	Content
<a href="http://www.BoulderCountyBreastfeeding.org">www.BoulderCountyBreastfeeding.org</a>	Information for parents, child care providers, employers, clinicians, and coalition members about services, policies and practices that support breastfeeding in Boulder County.
<a href="http://www.KellyMom.com">www.KellyMom.com</a>	Breastfeeding and pumping information, including free handouts. Search for “milk calculator” to calculate how much milk a baby needs.
<a href="http://www.MakingMoreMilk.com">www.MakingMoreMilk.com</a>	Strategies for women who need to increase their milk supply.
<a href="http://www.BestforBabes.org">www.BestforBabes.org</a>	Great information and a helpful blog.
<a href="http://www.NancyMohrbacher.com">www.NancyMohrbacher.com</a>	Blog and resources from one of the nation's top lactation consultants.
<a href="http://www.TheLeakyBoob.com">www.TheLeakyBoob.com</a>	Helpful articles and blog for breastfeeding moms.
<a href="http://www.LLLUSA.org">www.LLLUSA.org</a>	La Leche League website that provides information and mother-to-mother support. Provides information related to breastfeeding concerns and forum participation.
<a href="http://www.ilca.org">www.ilca.org</a>	Searchable database by zip code of local lactation consultants.
<a href="http://www.USBreastfeeding.org">www.USBreastfeeding.org</a>	Answers to frequently asked questions about federal lactation support law.
<a href="http://www.WomensHealth.gov/breastfeeding">www.WomensHealth.gov/breastfeeding</a>	Resources to help increase breastfeeding success, including what the federal government is doing to support breastfeeding mothers.
<a href="http://www.LatchMD.com">www.LatchMD.com</a>	Website and downloadable app provide breastfeeding help from board-certified pediatricians and Internationally board-certified lactation consultants.
<a href="http://www.Toxnet.nlm.nih.gov/newtoxnet/lactmed.htm">www.Toxnet.nlm.nih.gov/newtoxnet/lactmed.htm</a>	A searchable database with information on drugs and other chemicals to which breastfeeding mothers may be exposed. It includes information on the levels of such substances in breastmilk and infant blood, and the possible adverse effects in the nursing infant.
<a href="http://www.MommyMeds.com">www.MommyMeds.com</a>	A searchable database of up-to-date, evidence-based information on the use of medications and the effects of some disease conditions during pregnancy and breastfeeding.
<a href="http://www.InfantRisk.org">www.InfantRisk.org</a>	Up-to-date information about the use of medications during pregnancy and breastfeeding.
<a href="http://www.BFMmed.org">www.BFMmed.org</a>	Academy of Breastfeeding Medicine. Guidelines for managing various situations that can impact breastfeeding.
<a href="http://www.BabyFriendlyUSA.org">www.BabyFriendlyUSA.org</a>	Guidance, support, and Baby Friendly Hospitals designation for birthing facilities that successfully implement the Ten Steps to Successful Breastfeeding and the International Code of Marketing of Breast-milk Substitutes.
<a href="http://www.COBFC.org">www.COBFC.org</a>	A volunteer organization of physicians, nurses, public health officials, dietitians, lactation consultants, counselors, and members of the business community. Information about breastfeeding resources, advocacy, and ways to be involved to promote, support, and protect breastfeeding in Colorado.