

WIC Breastfeeding Support

WIC wants you to be successful with breastfeeding and we provide many services to support you!

- Specially trained staff who can help women reach their breastfeeding goals including free IBCLC support.
- Breastfeeding peer counselors who have personal breastfeeding experience and offer around-the-clock support.
- A free breast pump loan program for qualifying women with several pump options.
- Free breastfeeding classes with information and resources.
- Free community support groups in the north and south metro areas.
- Healthy foods to support nutritional needs while breastfeeding.
- Breastfeeding support 24/7 at www.tchd.org, Facebook and Pinterest.

Call today to see if you qualify for the program!

Information and Support

Family Health Hotline
303-692-2229

National Women's Health
Information Center Breastfeeding
Help Line
1-800-994-9662

Colorado Breastfeeding Coalition
1-844-COBFC-4U

Breastfeeding Management Clinic
720-777-2740

Mother's Milk Bank
303-869-1888

Hospitals/Lactation Consultants

Aurora Regional Medical Center
303-695-2600

Avista Hospital
303-673-1088

Children's Hospital Colorado
720-777-6669

North Suburban Medical Center
303-457-6757

Platte Valley Medical Center
303-498-3415

Rose Medical Center
303-320-2121

St. Anthony North
303-430-2620

University of Colorado Hospital
720-848-0000

* All hospitals offer lactation services free of charge for babies delivered at that hospital.



Please support local businesses who have received a *Breastfeeding Friendly Worksite Award!*

Visit www.tchd.org to see a list of awardees!

Helpful Websites

Office on Women's Health
www.womenshealth.gov/breastfeeding

American Academy of Pediatrics
<https://www2.aap.org/breastfeeding/faq/Breastfeeding.html>

Centers for Disease Control
<http://www.cdc.gov/breastfeeding/recommendations/index.htm>

Medications and Breast Milk
www.infantrisk.com

KellyMom.com
www.kellymom.com

La Leche League (local support groups)
www.lalecheleague.org

Colorado Breastfeeding Coalition
www.cobfc.org

Breastfeeding Apps



latchME

Information on places to feed, breastfeeding supplies, support groups and help from lactation professionals.



Medela's iBrestfeed

Information on infant weight gain, milk storage, choosing a pump and support.



Coffective

Tool for pregnant women and her supporters, including: fathers, grandmothers and friends.



MommyMeds

Search or scan the barcodes of thousands of medications and receive immediate, easy to understand information on drug safety and ingredients.



Breast Milk Calculator

Calculates how much breast milk a baby is getting from the breast per day and per feeding.

Support Groups

Baby Café at Every Child Pediatrics
9197 Grant St., Thornton
Call Jennifer 303-450-3690, x1106

La Leche League
(referrals to groups state-wide)
303-779-6722

Tri-County WIC Offices

Aurora: Alton/Colfax 303-361-6010
9000 E. Colfax, Ste. 105
Aurora, CO 80010

Aurora: Colfax/Chambers 303-363-3076
15400 E. 14th Place, Ste. 309
Aurora, CO80011

Aurora: Hampden/Chambers 303-873-4400
15192 E. Hampden Avenue
Aurora, CO 80014

Brighton 303-659-2335
30 S. 20th Ave., Stes. F and G
Brighton, CO 80601

Castle Rock 303-846-2002
410 S. Wilcox Street
Castle Rock, CO 80104

Commerce City 303-439-5990
4201 E. 72nd Avenue, Ste. D
Commerce City, CO 80022

Englewood 303-783-7101
4857 S. Broadway
Englewood, CO 80110

Lone Tree 303-846-2002
9350 Heritage Hills Circle
Littleton, CO 80124

North Broadway: 70th/Broadway 303-426-5232
7000 North Broadway, Ste. 400
Denver, CO 80221

Westminster 303-255-6254
1401 W. 122nd Ave., Ste. 200
Westminster, CO 80234

This institution is an equal opportunity provider.
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Resource Guide for Breastfeeding Moms



Tri-County Health Department



Serving Adams, Arapahoe and Douglas Counties
Administrative Office
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303-220-9200 • www.tchd.org