

# Essex County Breastfeeding Resources

## Who to call for help

**Adirondack Medical Center  
Stafford New Life Center**

**518-897-2361**

**Essex County  
Health Department**

**518-873-3500**

**UVMHN at CVPH  
Alice T. Miner Center for  
Women and Children**

Lactation Clinic **518-562-7142**  
Newborn Nursery **518-562-7770**

**Women Infants & Children (WIC)  
Breastfeeding Coordinators &  
Peer Counselors**

Essex County **518-873-3560**  
Franklin County **518-483-4262**  
Clinton County **518-565-4830**



## **Public Health Nurses**

Essex County **518-873-3500**  
Franklin County **518-481-1709**  
Saranac Lake &  
Tupper Lake **518-891-4471**  
Clinton County **518-565-4848**

**For more information,  
call your pediatrician's office.**

## Trusted Websites

**Stanford School of Medicine**  
*Getting Started with Breastfeeding*  
[http://newborns.stanford.edu/  
Breastfeeding](http://newborns.stanford.edu/Breastfeeding)

**International Breastfeeding Center**  
[www.nbci.ca](http://www.nbci.ca)

**NYS WIC Breastfeeding Program**  
[www.breastfeedingpartners.org](http://www.breastfeedingpartners.org)

**Drugs and Breastfeeding**  
Dr. Thomas Hale  
[www.MommyMeds.com](http://www.MommyMeds.com)  
LactMed  
[https://toxnet.nlm.nih.gov/newtoxnet/  
lactmed.htm](https://toxnet.nlm.nih.gov/newtoxnet/lactmed.htm)

**Kelly Mom Parenting and  
Breastfeeding Site**  
[www.kellymom.com](http://www.kellymom.com)

**For Breast Pump information**  
[www.ameda.com](http://www.ameda.com) or [www.medela.com](http://www.medela.com)

**LLL International**  
**1-877- 4-LA LECHE**  
[www.lalecheleague.org](http://www.lalecheleague.org)