

Tarrant County Breastfeeding Help



If you have questions about breastfeeding before you have your baby or need help after you have your baby, please call any of the numbers listed below.

If you have your baby early, call the Tarrant County WIC program at 817-321-5400 for immediate assistance.

We are here to support you!

Tarrant County Breastfeeding Resources

- **WIC Breastfeeding Warm Line** **817-321-5416**
M-F 9am-6pm/Sat 10am-2pm
You may leave a message evenings/weekends and your call will be returned the next business day.
- **La Leche League Help Line:** **1-877-452-5324**
You may leave a message evenings/weekends and your call will be returned the next business day.
M-F 9am to 5pm
- **Call a La Leche League leader** **1-847-519-7730**
(consult available evenings/weekends) M-Th 9am-5pm

Community Resources

Hospital Breastfeeding Support

(These facilities provide counseling, pumps, bras, antenar aids.)

Baylor All Saints Medical Center 817-258-8217
Simply Moms Boutique

Medical Center of Arlington 817-472-4787
Lactation Boutique

Texas Health Harris Methodist 817-250-2229
Fort Worth, Breastfeeding Boutique

Texas Health Harris Methodist 817-848-4773
HEB, Breastfeeding Support Center

Mothers' Milk Bank of North Texas

Donate your extra breast milk and save a life

Call 1-866-810-0071 or visit: www.texasmilkbank.org

Statewide WIC Breastfeeding Resources

Texas Breastfeeding Support Hotline

1-800-514-6667

The Lactation Foundation - Houston

<http://www.lactationfoundation.org/> or on FaceBook

1-877-550-5008

Lactation Care Center - Dallas

http://www.dallascityhall.com/housing/lactation_center/index.html

1-855-550-6667

Helpful Mom-to-Mom Support

- Apps: *These apps are not a substitute for real-life support. Working with a Breastfeeding Counselor or IBCLC should always be the first step to troubleshooting breastfeeding issues.*
 - ◇ latchMe- Local breastfeeding resources available
 - ◇ iBreastfee-Medela Breast pump compa-
 - ◇ Ameda MyMilk-Ameda Breast pump company
- Evidence Based breastfeeding information:
www.forum.kellymom.net/
- Tarrant County Breastfeeding Coalition,
www.tarrantbfcoalition.com
- OTHER: Pregnancy Risk Hotline: 800-733-4727 (Concerning exposure to substances during pregnancy and breastfeeding)



Helpful Websites

www.health.tarrantcounty.com/
www.breastmilkcounts.com
www.texaswic.org
www.lalecheleague.org
www.texasmotherfriendly.org
www.tarrantbfcoalition.com
<http://www.somedaystartsnow.com/>
www.aap.org
www.infantrisk.com/category/breastfeeding
www.depressionafterdelivery.com