



BREASTFEEDING

Best for Baby — Best for Mom

Sources for Breastfeeding Support and
other helpful information

GUADALUPE REGIONAL MEDICAL CENTER:

Birth Center 830.401.7530 Shawna Baker BS, IBCLC, RLC, CLC, Lactation Consultant – 830.401.6130

CONTACTS:

WIC Seguin	830.372.3336	Sandra Luna, WIC Breastfeeding Peer Counselor - 512.753.4821
WIC Lockhart	512.398.5411	Brandy Flores, WIC Peer Counselor - 512.618.5059
WIC New Braunfels	830.625.1441	Analia Cano, WIC Peer Counselor - 512.304.8382
WIC San Marcos	512.393.8040	Corina Reyna, WIC Peer Counselor - 512.376.1805
WIC Gonzales	888.672.7083	

Call your local WIC clinic if you have your baby early and are in need of breastfeeding assistance.

Lactation Foundation in Houston 1.877.550.5008 www.lactationfoundation.org

Mom's Place (WIC Breastfeeding Resource Center) Austin www.momsplace.org

(WIC eligible only please) 1.800.514.MOMS (6667)

La Leche League— www.lalecheleague.org

New Braunfels Leader: Lisa – 830.626.1660 Meetings are at 662 Comal Ave. in New Braunfels

San Marcos Leader: Elizabeth – 512.878.0792 or Vera 512.757.8658 Meetings at Promise Land Church

WEBSITES & SUPPORT FORUMS:

Helpful websites:

www.breastmilkcounts.com

www.breastfeedingmadesimple.com

www.kellymom.com

www.lowmilksupply.com

www.texaswic.org

Forums for mothers to get together for support:

www.MOBImotherhood.org

www.breastfeeding.com/forums

www.forums.lli.org

www.forum.kellymom.net

www.BFAR.org - is a forum is for moms who have had breast reductions and are looking for answers about breastfeeding after the procedure.

Other Helpful Resources:

The Mother's Milk Bank at Austin 877.813.6455

Postpartum Depression 877.472.1002



THE
BIRTHING
CENTER

AT GRMC