

# Clinton County Breastfeeding Resources

## Call your Pediatrician's Office first!

Telehealth lactation visits are available for all agencies listed.

### Who To Call For Help

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

[www.cvph.org](http://www.cvph.org)  
518-562-7730

**Lactation Clinic & Breastfeeding Classes**

518-562-7142 (days)

**Newborn Nursery**

518-562-7770

**Healthy Families of the North Country**

**Clinton and Franklin Counties**

[www.bhsn.org](http://www.bhsn.org)  
518-563-8000 x2184

**Clinton County Health Department**

[www.clintonhealth.org](http://www.clintonhealth.org)

**Public Health Nurses**

518-565-4848

**Women Infants and Children (WIC) Breastfeeding**

518-565-4830

**Nature's Way Baby Café®**

Meeting links posted on: <https://bit.ly/3uP6SUE>

518-562-7142

**La Leche League of Plattsburgh**

<https://www.facebook.com/LLLPlattsburgh/>

Susan: 518-593-8752

Melissa: 518-570-1446

Mary Cate: 518-534-8815

### Trusted Websites

**Stanford School of Medicine**

*Getting Started with Breastfeeding*

<http://newborns.stanford.edu/Breastfeeding>

**NYS WIC Breastfeeding Program**

[www.breastfeedingpartners.org](http://www.breastfeedingpartners.org)

**Breast Pump Videos**

[www.clintonhealth.org](http://www.clintonhealth.org)

**Medications and Breastfeeding**

*Dr. Thomas Hale*

[www.MommyMeds.com](http://www.MommyMeds.com)

**Kelly Mom Parenting and Breastfeeding Site**

[www.kellymom.com](http://www.kellymom.com)

**LLL International**

1-877-4-LA LECHE

[www.lalecheleague.org](http://www.lalecheleague.org)

**Baby Café USA®**

[www.babycafeusa.org](http://www.babycafeusa.org)

**For breast pump information, contact your insurance company.**