



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, please be sure to call your WIC clinic or a breastfeeding counselor for immediate assistance.

We are here to support you!

Local WIC Breastfeeding Resources

Breastfeeding Counselors

- Yadira Ponce (254) 750-5470
- Heidi Salazar (254) 750-8604
- Tambra Offord (254) 750-5735

Breastfeeding Coordinator

Corina Evans (254) 750-8603

After Hours Breastfeeding Support Hotline

(254) 749-8608

Community Resources

Hillcrest Hospital Lactation Consultants – (254) 202-2706

- Angela Steincamp, RN, IBCLC
- Susie Stokes, RN, IBCLC
- Carolyn Bruich, RN, IBCLC

Providence Health Center - (254) 751-4000 ext. 3524

- Gail Sears, RN, IBCLC

Scott and White – 1(254) 724-4867

- Patty Caplinger, RN, IBCLC
- Patricia Hagan, RN, IBCLC
- Christina Sawyer, RN, CLC

(telephone counseling no charge during daytime)

La Leche League Support

- Michelle (254) 848-9612
- Emilie (254) 495-8100
- Emily (254) 230-9697

Heart of Texas Breastfeeding Coalition

- McLennan County – Emilie Cunningham (254) 495 -8100
- Bell County – Amber Oltmann (254) 778-1511

Statewide WIC Breastfeeding Resources

Texas Lactation Support Hotline

<http://dallascityhall.com/housing/WomenInfantsandChildrenWIC/LactationCareCenter/>
1-855-550-6667

M-F 8am – 5pm, every Saturday 11am-3pm. Afterhours, Sundays and holidays, it immediately transfers to a Peer Counselor cell phone which they answer from 7:30am – 9pm. Calls between 9pm and 7:30am, calls are returned first thing in the morning.

Mom's Place

<http://www.momsplace.org/>
1-800-514-6667

Monday, Wednesday and Thursday 8 am-5 pm Tuesday 8am-6pm Friday 8am–2pm 1st Saturday of the month 8am-1pm
Evenings, weekends, and holidays-Please leave a message and someone will return your call.

Helpful Online Mom-to-Mom Support

- <http://forums.llli.org/>
- <http://www.breastfeeding.com/forums/>
- <http://forum.kellymom.net/>

Helpful Websites

- www.breastmilkcounts.com
- <http://www.llli.org/nb.html>
- www.breastfeedingmadesimple.com
- <http://www.aap.org>