



NJ SUPPORTS *Breastfeeding*

There are many types of lactation support providers (LSP) available to assist breastfeeding mothers. The level of certification and hours of training vary with each discipline. As you review the county-specific resources available on this website, please use these definitions to guide your support needs.

International Board-Certified Lactation Consultant (IBCLC)

- Trained to work with infants and their parents to address any feeding challenges.
- Completed 90 hours of lactation education
- Completed education in 14 health sciences subjects
- Completed 300-1000 hours of clinical experience
- Required to pass a rigorous certification exam from an accrediting organization.

Breastfeeding Peer Counselors

- Has personal experience with breastfeeding
- Completed 20 to 90 hours of training
- Provides basic breastfeeding education, support, and encouragement
- Includes WIC Peer Counselors, La Leche League Leaders, Breastfeeding USA Counselors and Chocolate Milk Café and Sistahs Who Breastfeed facilitators

Certified Breastfeeding Counselors

- May work in hospital and community settings
- Provides breastfeeding education and support i healthy, full-term babies and mothers
- Completed 20-90+ hours of lactation education
- May require passing a certification exam from an accrediting organization
- Includes Certified Breastfeeding Specialist (CBS®), Certified Lactation Counselor (CLC®) and Certified Lactation Educator (CLE®) and other certifications

Classes/Support Groups

- Provided in a group setting and is facilitated by an IBCLC, Breastfeeding Counselor, or Breastfeeding Peer Counselor
- Offers opportunity to ask questions and learn/share successes/challenges of breastfeeding





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Middlesex County Lactation Support Resources

International Board-Certified Lactation Consultants (IBCLCs)

VNA of Central Jersey WIC (Women, Infants, and Children)

- Nutrition and breastfeeding support available, if eligible
 - Online enrollment portal: <https://wic.nj.gov/participantportal/en/>
 - Call: 855.619.4445
 - Website: <https://vnahg.org/cfhi-special-supplemental-nutrition-program-for-women-infants-and-children-wic/>

ZipMilk

- Statewide database of breastfeeding resources, including fee-based lactation consultants, by zip code
 - Website: <http://www.zipmilk.org/>

Penn Medicine Princeton Medical Center

- Breastfeeding warmline (9am-5pm)
 - Call: 609.897.8982
- Private Outpatient Consultations
 - Call: 1.888.897.8979
 - Email: communityeducation@princetonhcs.org
 - Website: <https://www.princetonhcs.org/events?term=breastfeeding>

JFK University Medical Center – Baby-friendly Hospital

- Breastfeeding warmline (9am-5pm)
 - Call: 732.744.5982
 - Website: <https://www.hackensackmeridianhealth.org/en/services/childrens-health/specialties-and-services/breastfeeding-and-lactation-support>

Raritan Bay Medical Center

- Breastfeeding warmline (9am-5pm)
 - Call: 732.776.3329
 - Website: <https://www.hackensackmeridianhealth.org/en/services/childrens-health/specialties-and-services/breastfeeding-and-lactation-support>
- Center for Breastfeeding – Virtual lactation support visits
 - Call: 732.897.3680
 - Website: <https://www.hackensackmeridianhealth.org/en/services/childrens-health/specialties-and-services/breastfeeding-and-lactation-support>

*A warmline is a phone number to call for questions or advice on breastfeeding





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Peer to Peer Breastfeeding Supporters

VNA of Central Jersey WIC (Women, Infants, and Children)

- Nutrition and breastfeeding support available, if eligible
 - Online enrollment portal: <https://wic.nj.gov/participantportal/en/>
 - Call: 855.619.4445
 - Website: <https://vnahg.org/cfhi-special-supplemental-nutrition-program-for-women-infants-and-children-wic/>

ZipMilk

- Statewide database of breastfeeding resources, including fee-based lactation consultants, by zip code
 - Website: <http://www.zipmilk.org/>

La Leche League USA

- Support through Peer Breastfeeding Counselors
 - Website: <https://llusa.org/locator/>

La Leche League International

- Support through Peer Breastfeeding Counselors (Spanish)
 - Website : <https://llli.org/espanol/>

Breastfeeding USA

- Breastfeeding Warmline
 - When you call, a pre-recorded voice message in English and Spanish will receive your call. A Breastfeeding USA Counselor (BC) will return your call within 24 hours.
 - Website: <https://breastfeedingusa.org/warmline/>
 - Call: 612.293.6622

National Breastfeeding Helpline

- Breastfeeding peer counselor assistance in English or Spanish
 - Call: 800-994-9662

Certified Breastfeeding Counselors

ZipMilk

- Statewide database of breastfeeding resources, including fee-based lactation consultants, by zip code
 - Website: <https://www.zipmilk.org>





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Classes/Support Groups

JFK University Medical Center – Baby-friendly Hospital

- Breastfeeding and New Mom Support Group (In-person)
 - Call: 732.632.1632
 - Email: perinataled.jfk@hmn.org
- Breastfeeding Classes
 - Website: <https://events.hackensackmeridianhealth.org/c/calendar/94f0af73-bf66-43ad-b650-7fe8b98fbf9b>

Penn Medicine Princeton Medical Center

- Breastfeeding In-person Support Groups
 - Website: <https://www.princetonhcs.org/events?term=breastfeeding>
- Prenatal Virtual Breastfeeding Class
 - Website: <https://www.princetonhcs.org/events?term=breastfeeding>

Raritan Bay Medical Center

- Breastfeeding Classes
 - Website: <https://events.hackensackmeridianhealth.org/c/calendar/94f0af73-bf66-43ad-b650-7fe8b98fbf9b>
- Breastfeeding Support Groups
 - Call: 732.776.4281
 - Website: <https://www.hackensackmeridianhealth.org/en/services/childrens-health/specialties-and-services/breastfeeding-and-lactation-support>

Robert Wood Johnson University Hospital

- New Mom's Support Group (In-person)
 - Website: <https://www.rwjbh.org/events/event/?event=39554>
- Pregnancy and Breastfeeding Support Group (Virtual)
 - Website: <https://www.rwjbh.org/events/event/?event=35396>
- Preparation for Breastfeeding Class (In-person or Virtual)
 - Website: <https://www.rwjbh.org/events/event/?event=44383>
- Preparation for Breastfeeding Class (Portuguese) (Virtual)
 - Website: <https://www.rwjbh.org/events/event/?event=44383>
- Preparation for Breastfeeding Class (Spanish) (Virtual)
 - Website: <https://www.rwjbh.org/events/event/?event=43317>

Saint Peter's University Hospital

- Breastfeeding, New Daddy, and Grandparent Classes
 - Call: 732.745.8579
 - Website: https://www.regpack.com/reg/templates/build/?g_id=100915715





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Classes/Support Groups

Reaching Our Sisters Everywhere (ROSE)

- Breastfeeding Support Group (Virtual)
 - Website: <https://breastfeedingrose.org/thedrip/>

Chocolate Milk Café

- Monthly Virtual Breastfeeding Support Group for Families of the African Diaspora
 - Website: <https://chocolatemilkcafe.org/event/northern-new-jersey-6/2024-10-12/>

ZipMilk

- Statewide database of breastfeeding resources, including fee-based lactation consultants, by zip code
 - Website: <https://www.zipmilk.org>

Breastfeeding USA

- Breastfeeding USA Facebook Support Groups
 - Website: <https://breastfeedingusa.org/special-facebook-pages/>
- Breastfeeding Counselor Groups
 - Website: <https://breastfeedingusa.org/find-a-breastfeeding-counselor/?cid=4620>

La Leche League USA

- Facebook Group
 - Website: <https://www.facebook.com/LaLecheLeagueUSA>

La Leche League International

- Facebook Group (Spanish)
 - Website: <https://www.facebook.com/groups/llespanol/>

