



Resources and Contacts



Please be advised: Do not use the phone numbers or email addresses listed if you are having any pain or bleeding or if you feel as if there is something wrong. Call your health care provider, go to the nearest emergency or dial 911 immediately.

For questions about the Online Childbirth Education Program, contact Lee Memorial Health System's department of Family Education and Lactation at 239-343-5271.

Breastfeeding

- Lee Memorial Health System's department of Family Education and Lactation provides breastfeeding services and classes at HealthPark Medical Center (239-343-5186) or Cape Coral Hospital (239-424-2246). Or for more information, visit www.LeeMemorial.org/birthed/index.asp.
- The Women, Infants and Children (WIC) office provides breastfeeding support, peer counselors and breast pumps for mothers who qualify for WIC services. Call 239-332-9615 for Lee County office or 239-252-6875 for Collier County office.
- La Leche League has chapters in Fort Myers, Cape Coral and Lehigh Acres. Visit www.llli.org.
- www.KellyMom.com is an evidence-based website for breastfeeding help.
- www.ilca.org – International Lactation Consultants Association
- www.bfmed.org – Academy of Breastfeeding Medicine
- <http://www2.aap.org/breastfeeding>
- www.drjaygordon.com
- www.ibreastfeeding.com
- www.hmbana.org – Human Milk Bank Association of North America

- www.who.int/en/

- Helpful online mom-to-mom support:

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

Safety

- Lee Memorial Health System's Children's Advocacy department partners with community organizations to keep infants and children healthy and safe. We offer a variety of classes and programs, such as infant care and parenting classes, infant resuscitation, injury prevention and car seat safety fittings. Call 239-343-6199 or visit www.leememorial.org/childrenhospital/tchservices/childadvocacy.asp.
- Safe Kids is a network of organizations with the mission of preventing unintentional childhood injury in Lee and Collier counties. Visit www.SafeKidsLeeCollier.org for more information.
- www.Recalls.gov is a website for recalled products, safety information, follow-up instructions and company contact information.
- www.nhtsa.dot.gov is the website for the National Highway Traffic Safety Administration. The site provides federal safety guidelines for car seats and certifies child passenger safety technicians for car seat inspections.
- www.waterproofFL.com or www.poolsafety.gov are great resources for water safety information.

Resources and Contacts

Baby Care

- www.aap.org – American Academy of Pediatrics
- www.aafp.org – American Association of Family Practice
- www.askdrsears.com is the website of pediatrician and author William Sears, M.D.
- www.pampers.com – The Pampers Parenting Institute
- www.attachmentparenting.org – Attachment Parenting International
- www.collaboforchildren.org offers programs and series to improve the quality of early childcare and education.

Multiples – Twins, Triplets

- www.nomotc.org – National Organization of Mothers of Twins Club
- www.karengromada.com is the website of the author of *Mothering Multiples*. The site provides extensive information, including information about breastfeeding multiples
- www.twinsmagazine.com is the website for the magazine created especially for families with twins.
- www.twinconnections.com
- www.tripletsconnection.com
- www.sidelines.org is a support organization for mothers experiencing high risk pregnancy
- www.prematurity.org



www.GolisanoChildrensFlorida.org

239-343-KIDS (5437)