

# BREASTFEEDING RESOURCES

## Texas Lactation Support Hotline

1-855-550-6667

For health-care providers and patients  
who have questions about the management of breastfeeding

## Texas Lactation Support Centers

Houston · The Lactation Foundation · [www.lactationfoundation.org](http://www.lactationfoundation.org) · 713-839-0527

Dallas · The Lactation Care Center · [www.lactationcarecenterdallas.com](http://www.lactationcarecenterdallas.com) · 1-855-550-6667

Austin · Mom's Place · [www.momsplace.org](http://www.momsplace.org) · 1-800-514-6667

McAllen · Lactation Care Center RGV · <http://www.co.hidalgo.tx.us/index.aspx?NID=1648> · 956-292- 7711

## Breastfeeding Materials & Videos

[www.dshs.state.tx.us/wichd/WICCatalog/contents.shtm](http://www.dshs.state.tx.us/wichd/WICCatalog/contents.shtm)

## [www.Breastmilkcounts.com](http://www.Breastmilkcounts.com)

A one-stop bilingual resource for your patients

## [www.TexasTenStep.org](http://www.TexasTenStep.org)

The health-care provider connection to state information  
and links to evidence-based breastfeeding resources

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Visit our website at [Texas !\[\]\(19d44b37fb4fa155bf9d60c77a3d3cb2\_img.jpg\) .org](http://TexasWIC.org)

# BREASTFEEDING COURSES

**Provided free of charge at your facility:**

## **Breastfeeding Management**

This 7.5 hour course covers the essentials of the early weeks of breastfeeding. Course participants will be able to describe the unique properties of breastmilk, explain the principles of milk production, learn how to facilitate initiation of breastfeeding, and learn how to assist breastfeeding mothers with challenges during the first days of breastfeeding.

## **Breastfeeding the Compromised Infant**

This 4.5 hour course focuses on support for mothers of infants in the special care nursery. Emphasis is on practical strategies to build and maintain mother's milk supply while the infant is learning to latch and suckle at the breast.

Continuing education hours are provided. For additional training options or to request to host trainings in your facility, visit <http://www.dshs.state.tx.us/wichd/lactate/courses.shtm>.

For more information, email [Linda.Zeccola@dshs.state.tx.us](mailto:Linda.Zeccola@dshs.state.tx.us).