



Breastfeeding Resource List

LACTATION CONSULTANTS: C. R. Darnall Army Medical Center (CRDAMC)

Lactation Team: Christina

Hospital Lactation Office: 254-553-9580

One on one appointments may be scheduled in advance at this number.

Information as of Nov. 2024

Breastfeeding Support Group: Meets every **Tuesday and Thursday from 1000-1100** (except Federal holidays) on the 4th floor of CRDAMC hospital. All breastfeeding mothers & babies are welcome! Come ready to feed your baby, get support, speak with Lactation Consultants, and weigh your baby.

New Parent Support Program:

Offers in-home breastfeeding support, parenting skills, child development and more by breastfeeding educators.

Call 254-287-2286

La Leche League of Killeen

All breastfeeding mothers and mothers-to-be interested in breastfeeding are welcome to come to our meetings or call one of our Leaders for breastfeeding help or information. Babies are always welcome at our meetings. Meetings are held first Friday of the month at 10am. Location: Dulce Birth Center on 5201 S Clear Creek Suite B&C, Killeen, Texas.

Website: www://texaslll.org/group/Killeen

For more information call: **La Leche League Leader** at **254-307-8555**

WIC (Women, Infants, and Children)

Ft. Cavazos: (36000 Darnall Loop 2nd Floor) 254-532-8680

Killeen: (309 N 2nd St) 254-526-2033

Copperas Cove (213 West Ave D) 254-547-9571

Temple (201 North 8th St) 254-778-1511

Mom's Place (Austin, TX) 512-972-6700

Offers free breastfeeding support group monthly to all breastfeeding & pregnant women—call for times & locations.

Appointments with lactation consultants are available for WIC clients.

VA Maternity Services

Call 254-743-2772 for information about breastfeeding services, which may include a free breast pump, nursing bras, lactation counseling and breastfeeding supplies. *Must be VA qualified.*

Hospital Prenatal Breastfeeding Classes are offered every month, call 254-288-8109 for information.

Other Resources:

WIC Breastfeeding Hotline (Eng/Sp): 1-800-514-6667

TX Lactation Support Hotline: 1-855-550-6667 (free and available 24/7)

National Breastfeeding Helpline: 1-800-994-9662 (Eng/Span) M-F 0900-1800 can leave message

Local Breastpump Rental Resources:

MyPureDelivery 1-888-908-9452

URS 888-877-6334

Local Resources for Purchasing:

PX on Clear Creek

Target

Burlington Coat Factory

Wal-Mart

Breastpumps

Examples of the following styles of pumps (not an endorsement of any brand)

Manual: Ameda Hand Pump
Medela Harmony Pump

Electric—Occasional Use—Single:
Medela Swing Pump

Electric—Full Time Use—Double:
Ameda Mya Joy or Purely Yours
Medela Freestyle or Pump-N-Style or Sonata
Spectra S1 or S2 or Synergy Gold

You may receive a prescription for a breast pump at your 32-week appointment. To help with finance questions regarding your breast pump, please log onto <https://tricare.mil/breastpumps>

DHA is not permitted to “endorse” any companies, so we do not provide a list. Suggestion: search online for breast pump companies, ask a relative, co-worker or friend which company they recommend. Verify if the company will fill prescriptions from CR Darnall Army Medical Center.

Online Resources

www.bfar.org (breast reduction & breastfeeding site) www.biologicalnurturing.com
www.breastfeedingmadesimple.com (animated latch video) www.breastfeedingonline.com
www.BreastmilkCounts.com
www.CadaOnzaCuenta.com
www.firstdroplets.com
www.healthychildren.org
www.infantrisk.com (medications while breastfeeding) [1-806-352-2519, Mon-Fri 8am-5pm CT]
www.kellymom.com
www.kidshealth.org
www.llli.org
www.lowmilksupply.org
www.nancymohrbacher.com
www.newborns.stanford.edu/Breastfeeding/HandExpression.html
www.purplecrying.info
www.TexasWIC.org

Phone Apps

Coffective
Breastfeeding Solutions (Nancy Mohrbacher)
Text4baby
MommyMeds

Recommended Reading

Breastfeeding in Combat Boots by Robyn Roche-Paull
Breastfeeding Made Simple by Nancy Mohrbacher
The Breastfeeding Mother’s Guide to Making More Milk by Diana West
Dr. Jack Newman’s Guide to Breastfeeding by Jack Newman
The Nursing Mother’s Companion by Kathleen Huggins
The Womanly Art of Breastfeeding by La Leche League
Mothering Multiples by Karen Gromada