



Lactation Resources

The physicians at Princeton Medical Group support breastfeeding and acknowledge that it can be challenging for new mothers. Here are some links to aid in successful breastfeeding.

Princeton Medical Center has a complimentary breastfeeding support group that meets twice a week to answer questions and bring mothers in the community together.

<https://www.princetonhcs.org/care-services/center-for-maternal-and-newborn-care/assistance-for-breastfeeding-mothers>

The exact dates/ times can be found on the Community Wellness website.

<https://www.princetonhcs.org/community/whats-happening>

Lactation Consultants in the Princeton Area

Most health insurances cover lactation consultation. Please check with your specific plan for more information. Below are lactation consultants frequently used by our patients. Additionally, if you would like to conduct a broader search, please refer to La Leche League's website

* <http://lalecheleagueofprinceton.blogspot.com/p/contact-lactation-consultant-in-your.html>

* <https://www.zeeifanlactation.com/>

* <https://www.lactationsolutionsofprinceton.com/>

* <https://thelactationconnection.org/>

Breastfeeding Resource Pages

* <https://awhonn.org/consumer-resources/breastfeeding-resources-for-parents/>

* <https://www.womenshealth.gov/breastfeeding/breastfeeding-resources>

* La Leche League <https://www.llli.org/resources/>

* La Leche League Information from A to Z <https://www.llli.org/breastfeeding-info/>

* For questions about medication while breastfeeding <https://www.ncbi.nlm.nih.gov/books/NBK501922/>

* Video links to learn how to latch and other breastfeeding tips

<https://med.stanford.edu/newborns/professional-education/breastfeeding.html>

* Troubleshooting common breastfeeding problems

<https://www.uptodate.com/contents/common-breastfeeding-problems-beyond-the-basics?csi=a21e9844-5593-4f52-a02d-6789258e6dce&source=contentShare>

* Nutrition during breastfeeding

https://www.uptodate.com/contents/maternal-health-and-nutrition-during-breastfeeding-beyond-the-basics?topicRef=1217&source=see_link

* Pumping breastmilk

https://www.uptodate.com/contents/pumping-breast-milk-beyond-the-basics?topicRef=1221&source=see_link

* Blocked ducts & mastitis information <https://www.llli.org/breastfeeding-info/mastitis/>

* Weaning from breastfeeding -

https://www.uptodate.com/contents/weaning-from-breastfeeding-beyond-the-basics?search=weaning%20breastfeeding&source=search_result&selectedTitle=2~150&usage_type=default&display_rank=2

<https://www.llli.org/breastfeeding-info/weaning-how-to/>