

# Breastfeeding Resource List

## Lactation Consultants (IBCLC):

### Chandler Regional Medical Center

Betsy Wells-Gephart, RN, IBCLC  
Kathy Shay-Shapiro, RN, IBCLC  
Liz Pareti, RN, IBCLC  
Voicemail: (480) 728-3161

### Mercy Gilbert Medical Center

Tracey Grady, RN, IBCLC  
Julie Taylor, RN, IBCLC  
Voicemail: (480) 728-7422  
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### Breastfeeding Pump 'n' Go

Doris Christiansen, RN, IBCLC  
Mesa, AZ 85213  
(480) 833-2262

### East Valley Lactation Support

Debbie Gillespie, IBCLC  
(480) 786-0431

### Arizona Department of Health Services

24-Hour Pregnancy and Breastfeeding  
Hotline (multilingual): (800) 833-4642

Listen to instructions at end of the message to get a live person.

## Breast Pump Rentals/Sales

### Serenity Feeding Supplies

Deliveries to hospital or home  
Rents Ameda  
(480) 239-1866

### Modern Mommy Boutique

Rents Ameda and Medela  
3355 W. Chandler Blvd. #3  
(480) 857-7187  
ModernMommyBoutique.com

### Anything For Baby, Inc.

Rents Medela Symphony and Lactina  
Free deliveries for orders over \$25  
(480) 515-9783  
AnythingForBaby.com

### Babies R Us

Rents Medela at Signal Butte and Glendale stores only

### Banner Hospitals

Banner Baywood – Sells: Medela; Rents: Medela Symphony & Lactina  
Banner Sun City West – Rents: Medela and Ameda

## Books that may be helpful:

### *Breastfeeding Made Simple*

by Mohrbacher & Kendall-Tackett

### *Great Expectations: The essential Guide to Breastfeeding*

by Marianne Neifert, MD

### *The Breastfeeding Book or*

### *The Baby Book*

by Dr. William & Martha Sears

### *The Nursing Mother's Companion*

by Kathleen Huggins

### *The Womanly Art of Breastfeeding*

by Diane West, Diane Weissinger, Theresa Pittman, IBCLC's

### *Sleeping With Your Baby*

by Dr. James McKenna

## Other Resources:

### LA LECHE LEAGUE

Phoenix Area: (602) 234-1956

LLL provides phone support from experienced mothers trained to help you. Call for information about mother support group meetings in your area.

[LaLecheLeague.org](http://LaLecheLeague.org) (multi-lingual)

[LLLofAz.org](http://LLLofAz.org) (Arizona site)

### WIC PROGRAM

If you are a WIC client and are breastfeeding, WIC has support for you. Call your WIC office and ask for the Breastfeeding Peer Counselor. If you aren't a WIC client, but think you may be eligible, call them to ask about qualifications. Whether you have a premature baby, difficulties with breastfeeding, or are going back to work or school, WIC has resources for you. Go to [AZWIC.gov](http://AZWIC.gov) for info.

**Maricopa County Breastfeeding Peer Counselor Message Line:**  
(602) 506-9336

To find the closest WIC office call  
(602) 506-9333

Pinal County: (520) 866-7313

## Web sites that may be helpful:

[Medela.com](http://Medela.com)

[Ameda.com](http://Ameda.com) (watch the Latch-on Video)

[LaLecheLeague.org](http://LaLecheLeague.org)

[BreastFeeding.com](http://BreastFeeding.com)

[BreastFeedingOnline.com](http://BreastFeedingOnline.com)

[KellyMom.com](http://KellyMom.com)

[KangarooMotherCare.com](http://KangarooMotherCare.com)

[BFAR.org](http://BFAR.org) (For information on breastfeeding after breast surgery)

[BiologicalNurturing.com](http://BiologicalNurturing.com)

[Newborns.Stanford.edu/Breastfeeding/](http://Newborns.Stanford.edu/Breastfeeding/)

(Look for videos on hand-expression, latching, milk production and more)

## Breastfeeding Support Groups

Breastfeeding Support Groups are available at Chandler Regional and Mercy Gilbert Medical Centers! Call ResourceLink at **(480) 728-5414** or toll-free at **(877) 728-5414** for information and to register.



**Dignity Health.**

Chandler Regional Medical Center  
Mercy Gilbert Medical Center