



Frequently Asked Questions

1. How do I become a Florida Breastfeeding Coalition member?

You may find membership information on our website:

<http://www.flbreastfeeding.org/membership/>.

2. What breastfeeding organizations exist in Florida, and what do they do?

While you may find many local breastfeeding organizations to your area, here is information on some of the core state-wide organizations:

La Leche League exists on an international, state and local level. It is a nonprofit, nonsectarian organization dedicated to providing education, information, support, and encouragement to women who want to breastfeed. All women interested in breastfeeding are welcome to attend monthly Group Meetings or call a Leader for breastfeeding help. Find your local La Leche League by visiting: <http://www.llli.org/web/florida.html>

Florida Lactation Consultants Association (FLCA) is a chapter of the United States and International Consultant Associations (USLCA and ILCA respectively) and provides educational and networking opportunities for lactation consultants, lay breastfeeding counselors and health educators. They are dedicated to creating a climate among health professionals, parents and the general population which promotes, supports, and protects breastfeeding as the optimum method of infant feeding. For more information visit: <http://flca.info/about-us.html>

WIC is a federally funded nutrition program for Women, Infants, and Children that provides the following at no cost: healthy foods, nutrition education and counseling, breastfeeding support, and referrals for health care. WIC is available in all 67 Florida counties. For more information and to find your local WIC program visit: <http://www.floridahealth.gov/programs-and-services/wic/wic-program-info.html>

3. Where can I find free print resources on breastfeeding?

<http://www.usbreastfeeding.org/>

<https://kellymom.com/>

<https://www.womenshealth.gov/printables-and-shareables/resource/guides>

<http://www.floridahealth.gov/programs-and-services/wic/breastfeeding/index.html>

<https://www.lactationtraining.com/resources/educational-materials/handouts-parents>



4. My organization received the breastfeeding friendly designation. How do we become listed on the FBC website?

Updates to the FBC website, including for breastfeeding friendly designations, are made on a quarterly basis if not more frequently. Please feel free to send an email to FBC, and they will work to resolve any issues.

5. How do I become a lactation consultant?

There are steps you must complete to come a certified lactation consultant. In addition, you will find options for completing an application and taking a test to become certified.

Steps to become certified:

1. Meet the requirements of a health sciences education program
2. Get lactation specific clinical experience
3. Complete lactation specific education
4. Pick a pathway to certification: path of recognized health professionals, path of accredited academic programs, or mentorship path
5. Complete the application form and receive a test date
6. Pass the exam and receive certification

You may find more information here:

<https://iblce.org/>

<http://flca.info/index.html>

6. What's the process for becoming a breastfeeding friendly business?

To become a breastfeeding friendly business you must meet requirements such as having a breastfeeding support policy, provide a private area for employees to pump (not a bathroom), and offer flexible and adequate break time to allow for pumping. You can access the full list of requirements on our website as well as submit an application:

<http://www.flbreastfeeding.org/business-case-for-breastfeeding/>

7. What's the process for completing the baby steps to become baby friendly?

A vast amount of research supports the guidelines of the Baby Friendly USA Hospital Initiative as an effective approach for increasing breastfeeding rates through the 10 steps to successful breastfeeding. In support of Baby Friendly USA the Florida Breastfeeding Coalition has designed the Quest for Quality Maternity Care Award program to reward birthing facilities in the state of Florida for improving hospital maternity care and infant feeding practices based on the Ten Steps to



Successful Breastfeeding. Access complete information at: <http://www.flbreastfeeding.org/hospital-award/>

8. Where can I find the list of baby friendly hospitals?

Florida Quest for Quality Maternity Care Award Recipients are published on the Florida Breastfeeding Coalition website: <http://www.flbreastfeeding.org/hospital-award/>. Baby friendly designated hospitals can be found on the Baby Friendly USA website: <https://www.babyfriendlyusa.org/find-facilities>.

9. As a breastfeeding mom what laws exist both nationally and locally in Florida to protect me from breastfeeding in public and pumping milk at work?

You may find this information on our website: <http://www.flbreastfeeding.org/advocacy/>.

10. How do I find my local breastfeeding Coalition, and if my area doesn't have one, how do I start one?

You can find tips on forming a Coalition of our website as well as see current Coalitions in Florida: <http://www.flbreastfeeding.org/state-coalitions/>.

11. How do I get a breast pump through my health insurance company?

The best way to get started in claiming a breast pump through your insurance company is to contact them to get information about their breast pump policy. Questions you may want to ask include: what type of breastfeeding-related benefits does my plan cover? What types of pumps are covered? Do I need a prescription from my doctor to get a pump? Can I request the pump before my baby is born?

12. What medicines and drugs are safe to consume while breastfeeding? View a database of drugs and their effects on a breastfed baby as well as therapeutic alternatives here: <https://toxnet.nlm.nih.gov/newtoxnet/lactmed.htm>. You can also find more information at www.infantrisk.com and by calling 806-352-2519 to ask questions about over the counter and prescription medications while pregnant or nursing.