

# **Panhandle Health District Breastfeeding Promotion Council BREASTFEEDING INFORMATION AND SUPPORT**

**If you need help with breastfeeding or have questions,  
call any of these resource people.**

## **HOSPITALS**

### **ASK FOR LACTATION EDUCATOR**

Benewah Community Hospital	(208) 245-5551
Bonner General Hospital	(208) 2651246
Benewah Medical Center	(208) 686-1767
Kootenai Medical Center	(208) 666-2028

## **HEALTH DEPARTMENTS**

### **Panhandle Health District- WIC Program**

Bonnors Ferry	(208) 267-5558
Hayden	(208) 415-5130
Kellogg	(208) 786-7474
Plummer	(208) 245-4556
Saint Maries	(208) 245-4556
Sandpoint	(208) 263-5159

## **LA LECHE LEAGUE**

Volunteer Accredited La Leche	1 (800) LALECHE
League Leaders	<a href="http://www.llusa.org">http://www.llusa.org</a>

## **COMMUNITY RESOURCES FOR BREASTFEEDING SUPPORT**

<b>Mother's Haven</b>	<b>(208) 676-1300</b>
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## **INTERNATIONAL LACTATION CONSULTANT ASSOCIATION**

Private Lactation Consultants by zip code	<a href="http://www.ilca.org">http://www.ilca.org</a>
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## **BREASTFEEDING HELPLINE**

Monday - Friday 7am - 4pm MST	1-800-994-9662
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**For more information about the WIC Program, contact the Idaho  
Careline at 211 or 1-800-926-2588**

The WIC Program is an equal opportunity provider.



Project of Healthy Mothers, Healthy Babies/*BEST START* Project; Panhandle Health District Breastfeeding Promotion Council; and Idaho WIC Program. For information, contact Cristi Litzsinger, (208) 334-5948 or [litzsinc@dhw.idaho.gov](mailto:litzsinc@dhw.idaho.gov). IDWICR 06/07