



Child and Adolescent Health Specialists, PC

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Cohasset, MA 02025

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www.childhealthspecialists.com

RESOURCES FOR NEW FAMILIES

Lactation support:

South Shore Hospital: Phone support/Warmline 781-624-8602

Free breastfeeding support group Mon, Wed, Fri 1-2pm

Zipmilk: Resources listed by zipcode www.zipmilk.org

Massachusetts Breastfeeding Coalition: www.massbreastfeeding.org

La Leche League: support groups www.lllmarivt.org

Lactation Consultants:

Hilary Black, RN BSN IBCLC

Hospital based and private practice 781-624-8602

Sue Simmons, RN BSN IBCLC

Private practice: 781-910-6480 www.maternalexperience.com

WIC: Nutrition and breastfeeding support 1-800-WIC-1007

Quincy and Weymouth WIC: 617-376-8701

Department of Children and Families: (Weymouth): 781-682-0800

Voluntary services for parent aides, counseling, support

Parental stress line: 1-800-632-8188

Early Intervention: 1-800-905-8437

Poison Control: 1-800-222-1222

Domestic Violence hotline: 1-877-785-2020

Doula services: www.dona.org

Seaside mothers of multiples: www.seasidemoms.org