



Denver County Lactation Resource Guide during COVID-19



Virtual Support

Denver Health

- Free lactation support services for patients of [Denver Health](#).

-Call 303-602-9290 to discuss in-person lactation appointments or telehealth options.

Health ONE - Virtual Breastfeeding Support Group

-Every Wednesday and Friday at 9:30 AM on Webex. This [class](#) is designed for moms and babies from birth to eight weeks old.

Kith Colorado

-No cost virtual baby feeding group with an IBCLC. Visit [website](#) to register.

Lutheran Medical Center

-[Virtual support group](#) available on Wednesdays and Fridays, please contact our Lactation Consultants at 303-425-2286.

Presbyterian St. Luke's

-Virtual Breastfeeding Basics [Class](#) being offered to families delivering at P/SL, provided in virtual format. Visit website for details.

RMC Milk Bank

-Mothers' Milk Bank Baby Café Group is meeting virtually on Google Meet- to join fill out a short form here: rmchildren.org/mothers-milk-bank/baby-cafe/.

St. Joseph's Hospital Lactation Department

-[Virtual support group](#) meets on Tuesdays and Thursdays at 2 PM. Open to the public.

-Also offering a variety of other [classes](#); including New Dad Support Group, Breastfeeding Support, Connecting Mamas, Pregnancy Support, Spanish Moms Group, and Understanding your Newborn. Visit website for details. To register, text BABY to 32037 or call 303-812-4640.



WIC is still open and is offering most appointments via telephone.

WIC offers food assistance, nutrition education and breastfeeding support including free breastfeeding education, free lactation consults, and free breast pumps. WIC serves low-income families who are pregnant, postpartum, and caring for children up to the age of 5.

Please call 303-602-9444 to discuss breastfeeding support. To make an appointment to enroll on the WIC program, call 303-602-6550.



Centers for Disease Control (CDC)

[cdc.gov/coronavirus/2019-ncov/specific-groups/pregnancy-guidance-breastfeeding.html](https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/pregnancy-guidance-breastfeeding.html)

Colorado COVID-19 information website for pregnant and breastfeeding families. All guidance aligns with recommendations from the CDC, WHO and AAP. <https://covid19.colorado.gov/pregnancy-breastfeeding>.

US Breastfeeding Committee - COVID 19 & Infant Feeding, [usbreastfeeding.org](https://www.usbreastfeeding.org)



Key Reminders

COVID-19 has not been found in breast milk to date. The CDC recommends that lactating persons continue to breastfeed or express milk, and feed their milk to their babies. Breast milk protects against many illnesses and is the best source of nutrition for most babies.

If you are sick or experiencing symptoms, you should wash your hands before and after feedings, and wear a face mask when in contact with your baby. You may feed directly at the breast or express breast milk for a healthy caregiver to feed to your baby (CDC, 2020).

No children younger than two years old should wear a mask.



Other Phone Support

Children's Hospital Free ParentSmart Healthline:
Speak with a nurse 24/7, 720-777-0123 or 1-855-KID-INFO

CO Child Abuse and Neglect Hotline
844-CO-4-Kids

Colorado Crisis Services
1-844-493-TALK (8255) or text "TALK" to 38255

La Leche League
Call 303-779-6722 with questions and referrals to groups statewide