

Pregnancy and Breastfeeding Information and Resources



Southeast Georgia Health System Resources

**Miriam & Hugh Nunnally
Maternity Care Center,
Brunswick Campus**
2415 Parkwood Drive
Brunswick, GA 31520
912-466-4100

**Maternity Care Center,
Camden Campus**
2000 Dan Proctor Drive
St. Marys, GA 31558
912-576-6255

**Lactation Center
(Brunswick and
Camden campuses)**
912-466-3184
A lactation consultant
will return your call.

Other Local Resources

**WIC Breastfeeding Support –
Glynn County**
2747 4th Street
Brunswick, GA 31520
912-264-3961

**Skylark (formerly Care Net
Pregnancy Center of Coastal
Georgia)**
helloskylark.com

Skylark – St. Marys
203 Lakeshore Point, Suite 203
St. Marys, GA 31558
912-729-8842

**WIC Breastfeeding Support –
Camden County**
905 Dilworth Street
St. Marys, GA 31558
912-882-8515

Skylark – Brunswick
3548 Community Road
Brunswick, GA 31520
912-267-1100

ZipMilk
Listings for local breastfeeding
support sorted by ZIP code.
zipmilk.org

Apps for Pregnancy and Breastfeeding Information

Text4baby

A free service for pregnant and breastfeeding moms to help keep you and your baby healthy through the first year. Receive three text messages each week on your cell phone with expert health tips. Messages and sign-up are free. Text BABY, or BEBE for messages in Spanish, to 511411.

MommyMeds.com

Research-based information about medication safety during pregnancy and breastfeeding.

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Websites for Breastfeeding Information

American Academy of Pediatrics (English)

[healthychildren.org/English/ages-stages/baby/breastfeeding](https://www.healthychildren.org/English/ages-stages/baby/breastfeeding)

American Academy of Pediatrics (Spanish)

[healthychildren.org/Spanish/ages-stages/baby/breastfeeding](https://www.healthychildren.org/Spanish/ages-stages/baby/breastfeeding)

Baby Café USA

Mother-to-mother breastfeeding support.
[babycafeusa.org](https://www.babycafeusa.org)

Centers for Disease Control and Prevention

Comprehensive information to give your baby a healthy start.
[cdc.gov/pregnancy](https://www.cdc.gov/pregnancy)
[cdc.gov/breastfeeding](https://www.cdc.gov/breastfeeding)

InfantRisk Center

Information on medication use while breastfeeding.
[infantrisk.com](https://www.infantrisk.com)

International Lactation Consultant Association

Directory of International Board Certified Lactation Consultants® working in private practice and hospitals.
[ilca.org](https://www.ilca.org)

Breastfeeding Law

Georgia law states that a mother is allowed to breastfeed her baby in any location where the mother and baby are otherwise authorized to be.

Additionally, per Section 7 of the Fair Labor Standards Act, employers are required to provide breastfeeding mothers reasonable break time to express milk, as well as a location, other than a bathroom, for this activity.

Detailed information regarding federal and state breastfeeding laws, including links to additional resources, is provided by the United States Department of Labor at [dol.gov/whd/nursingmothers](https://www.dol.gov/whd/nursingmothers).

La Leche League International

Toll-free telephone helpline available 24 hours a day. Messages are answered by a trained volunteer.
877-452-5324

Multilingual online help to get answers to breastfeeding questions, or to search for a local mother-to-mother support group.
[llli.org](https://www.llli.org)

MedlinePlus

Multilingual breastfeeding information.
[medlineplus.gov/languages/breastfeeding.html](https://www.nlm.nih.gov/languages/breastfeeding.html)

Office on Women's Health, U.S. Department of Health and Human Services

Toll-free telephone helpline available Monday to Friday, 9 a.m.–6 p.m. ET: 800-994-9662
[womenshealth.gov/breastfeeding](https://www.womenshealth.gov/breastfeeding)

TOXNET – LactMed Database

Information on medication use while breastfeeding.
[toxnet.nlm.nih.gov/newtoxnet/lactmed.htm](https://www.nlm.nih.gov/newtoxnet/lactmed.htm)

