

# Hawai'i Island Breastfeeding Resource Guide

## 24-BREASTFEEDING MESSAGE SERVICE

HEALTHY MOTHERS HEALTHY BABIES

(808) 737-5805



24-HR Message Service Available Online

General Nursing Lactation Help

## BREASTFEEDING HOW-TO VIDEOS



Breastfeeding Getting Started



Your baby knows how to latch on



Manual Expression of Breastmilk



Sandwich Hold Asymmetric Latch



Spoon Feeding Breastmilk



Paced Bottle Feeding



How to clean, assemble & use the Medela Supplemental Nursing System



## MEDICATION & BREASTFEEDING



LactMed website to check which medicine is safe while breastfeeding

## BREASTFEEDING RESOURCE



womenshealth.gov

## DONATE MILK



Breastfeeding Hawai'i

If interested, call (887) 375-6645

Once approved as a donor, Kehau Kealoha can help you (808) 757-6009



## BREASTFEEDING SUPPLIES & PUMPS

### CALMED HAWAII

(808) 691-9973  
calmedhawaii.com

### HAWAII WIC PROGRAMS

(808) 974-4270 Hilo, Honoka'a, Waimea  
(808) 322-4888 Kona  
(808) 965-3030 Pahoa, Ka'u, Kealahou & Waikoloa

### KTA PHARMACY

(808) 959-8700 Hilo  
(808) 885-0033 Waimea  
(808) 883-8434 Waikoloa  
(808) 322-2511 Kona

### LONGS DRUGS/CVS

(808) 959-4508 Prince Kuhio  
(808) 935-9075 Downtown Hilo  
(808) 982-8600 Kea'au  
(808) 965-3144 Pahoa  
(808) 329-1632 Lanihau  
(808) 322-6627 Keauhou

### SHIIGI DRUG

(808) 935-0001

## BREASTFEEDING HELP

### MOTHER'S MILK, LLC

*Fee, Accepts Ins.*  
(808) 756-6009  
www.mothersmilk.co  
Kehau Kealoha, RN, IBCLC, IBC

### LACTATION CONNECTION

*Fee, Accepts Ins.*  
(808) 345-7995  
kendra.jitchaku@gmail.com  
Kendra Jitchaku, RN, BSN, IBCLC

### CALMED HAWAII

*Free*  
(808) 691-9973  
www.calmedhawaii.com

### LEHUA LACTATION

*Fee, Accepts Ins.*  
Frances Hartley, IBCLC  
lehualactation@gmail.com  
(206) 779-1952

### EAST HAWAII HEALTH 1190

(808) 932-3730  
Melissa Robey, MD, NABBLM-C, IBCLC  
www.easthawaiihealthclinics.org/primary-care-1190

### NEST

*Free to Participants*  
(808) 212-9324  
www.nestfamilies.org

### KAISER PERMANENTE

*Call for referral*  
(808) 934-4000

### KONA COMM. HOSPITAL LACTATION CTR.

(808) 322-4482

### WIC PROGRAMS

*Free to Participants*  
Hilo - (808) 974-4270  
Kona - (808) 322-4888  
Pahoa, Ka'u, Kealahou & Waikoloa  
(808) 965-3030

## BREASTFEEDING & PRENATAL CLASSES

### HUI MALAMA OLA NA 'OIWI

*Free*  
(808) 969-9220

Healthy Hapai Prenatal Classes  
Hilo, Waimea, Kona, Ka'u, Puna  
leila@hmono.org  
Leila Ryusaki, CLC, CBE, LMT, IBC

### HILO BENIOFF MEDICAL CENTER

*Fee*  
(808) 932-3371

Child Birth & Breastfeeding Class

### KONA COMMUNITY HOSPITAL

*Fee*  
(808) 322-4416