

24-HR BREASTFEEDING MESSAGE SERVICE

HEALTHY MOTHERS HEALTHY BABIES

(808) 737-5805



24-HR Message
Service Available
Online

General Nursing
Lactation Help



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 MEDICAL CENTER

Fee

(808) 932-3371

Child Birth & Breastfeeding Class

KONA COMMUNITY HOSPITAL

Fee

(808) 322-4416

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

Hawai'i Island Breastfeeding Resource Guide



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



Check with your health plan regarding coverage for breast pumps

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