

## LACTATION SUPPORT

### NESTED LLC

Offering breastfeeding education classes taught by a certified lactation consultant. Classes will begin Spring 2017. Classes are held in the offices of Reiter, Hill, Johnson, and Nevin.

Two hour class for moms or couples

Fees to be announced.

Nested LLC also offers childbirth classes and childcare classes which include infant CPR and Nest Steps for new or experienced parents who wish to learn about self-care and coping strategies to provide a healthy family.

[www.nestedbaby.com](http://www.nestedbaby.com)

Email: [info@nestedbaby.com](mailto:info@nestedbaby.com)

### SIBLEY MEMORIAL HOSPITAL

Lactation Services Department

5255 Loughboro Road NW

Washington, DC 20016

(202) 243-2321

[www.sibley.org/lactation/](http://www.sibley.org/lactation/)

Provide a full range of lactation services including breastfeeding classes, bra fittings, inpatient breastfeeding rounds and classes, outpatient lactation consultations on a fee for service basis, and breast-pump rentals, sales and supplies.

Sibley Memorial also offers classes on childbirth and childcare, including infant CPR.

Breastfeeding classes are \$70

### METROPOLITAN BREASTFEEDING

4927 Auburn Avenue Suite 100

Bethesda, MD 20814

(301) 943-9293

[www.metropolitanbreastfeeding.com](http://www.metropolitanbreastfeeding.com)

Provide in home lactation consultations as well as offer breastfeeding products, bra fittings and breast-pump rentals.

### BREASTFEEDING CENTER FOR GREATER WASHINGTON

2141 K Street NW Suite 3

Washington, DC 20036

(202) 293-5182

[register@breastfeedingcenter.org](mailto:register@breastfeedingcenter.org)

[www.breastfeedingcenter.org](http://www.breastfeedingcenter.org)

Offers a wide range of free and low cost classes for expectant, new and experienced mothers including breastfeeding, childbirth and childcare classes.

Breastfeeding class is free. Also offer private classes at cost.

Breastfeeding and Pumping class is \$60 for mom and \$70 for couple

## NORTHERN VIRGINIA LACTATION CONSULTANTS

Consultations currently held at:

Watoto Pediatrics

7915 Lake Manassas Drive Suite 209

Gainesville, VA 20155

(703) 425-2229

[nvlcfairfax@gmail.com](mailto:nvlcfairfax@gmail.com)

[www.nvlcbaby.com](http://www.nvlcbaby.com)

Offers fee for service lactation consultations, breast-pump rentals, 2 hour breastfeeding classes and will provide 1.5 hour private classes.

Breastfeeding Basics \$60

Also offer childbirth and babycare classes.

NOTE: AETNA IS CURRENTLY THE ONLY INSURANCE WHICH COVERS LACTATION CONSULTATIONS. FORMS CAN BE PROVIDED TO FILE FOR INSURANCE REIMBURSEMENT FOR ALL OTHER PLANS.