

24-Hour Breastfeeding Hotline

Babies do not come with instructions, so it is important to know where to turn for help. Get answers to your breastfeeding questions 24 hours a day by calling the Arizona Department of Health Services 24-Hour Breastfeeding Hotline.

Did you know that Arizona is the only state that offers a 24-hour breastfeeding hotline to all Arizonans? The ADHS 24-Hour Breastfeeding Hotline is available for both breastfeeding moms and the community that supports them to call with any breastfeeding and/or pregnancy-related questions. This includes her support partner, child care facility, pediatrician, OBGYN, hospital, etc. In 2018, the 24-Hour Breastfeeding Hotline answered over 5,000 calls. When calling the hotline, you will be asked for your zip code and if you are a participant in the Women, Infants, and Children (WIC) Program.

The Arizona Department of Health Services 24-Hour Breastfeeding Hotline is staffed by an International Board Certified Lactation Consultant (IBCLC) who is a registered nurse with a background in maternal and child health. This is ideal for those after-hours calls when doctor's offices are closed; moms and their families never have to feel alone. The Breastfeeding Hotline has professionals that speak several languages and are ready to take your questions. Because of this, you can trust that your questions will be answered with current evidence-based breastfeeding information.

Questions and concerns can come up at any time during a mother's breastfeeding journey. A mom might have breastfeeding questions during the first few weeks or several months after her baby's birth. The 24-Hour Breastfeeding Hotline is able to support her throughout her breastfeeding journey. Moms and families call the hotline for a wide variety of reasons. Because breastfeeding journeys are unique to each mom and baby pair, the Breastfeeding Hotline professional can personalize and tailor solutions for each situation. Some of the most common reasons that moms and their support partners call the hotline include technique, mom's diet, milk supply, medications while breastfeeding, pumping and storing expressed breastmilk, and sore nipples. Another reason breastfeeding moms contact the hotline is for support when going back to work and merging back into life as a breastfeeding mother. Families can trust that the 24-Hour Breastfeeding Hotline will help you meet your family's breastfeeding goals.



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1-800-833-4642

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