

# Upstate Lactation Resources



BODHI BIRTH AND WELLNESS

Although we are seeing a rise in childbirth education and preparation, there is often little emphasis on Postpartum or Early Parenthood. In the US, only 56% of babies are breastfed until 6 months, and 35% breastfeed until one year. The WHO Guidelines suggest breastfeeding for two or more years. It is important that we put in the appropriate education and preparation for this period for a smoother transition, so we can focus on the most important thing: bonding with our babies. Access to local resources can make all the difference!



## Local IBCLC Lactation Support & Resources:

[Clever Baby: Holistic Feeding and Parenting Support](#) | (864)363-7932

[Milk and Honey Breastfeeding Services](#) | (315)663-6427

[Nourish Integrative Lactation & Support](#) | (864)757-4951

[Prisma Health Breastfeeding & Newborn Care Center at Patewood](#) | (864)797-1020

[Claudia Brabham, IBCLC \(Baby Settler\)](#)

[Upstate Lactation](#)

[La Leche League of South Carolina](#)

## Local Lactation Classes:

[Prenatal Lactation Group Class](#) at Nourish

[Lactation & Postpartum Support Group](#) at Nourish

[Mastering the Pump](#) at Nourish

[Patewood Breastfeeding Support Group](#) | Every Thursday 1:30-4:00 | 175 Patewood Drive, Greenville, SC

## Hospital Donation for NICU Babies:

Preterm NICU babies who's parents are struggling with supply issues are given donor milk (with consent).

If you would like to donate and help these NICU families there is a blood work and screening process. For more information, you can connect with the [MUSC Mother's Milk Bank of South Carolina](#).

## Local Donation:

Community donor milk is utilized often, and takes the approach of personal responsibility, informed choice, and a mother-to-mother honor system.

[Eats on Feets](#) | [South Carolina Chapter](#)

[Human Milk 4 Human Babies](#) | [South Carolina Chapter](#)

[Upstate Pregnancy & Postpartum Support FB Group](#)

Click here to learn more about Birth,  
Postpartum and Early Parenting Education



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