



Breastfeeding Resource Center

1355 Old York Rd., Suite 101
Abington, PA 19001
215-886-2433
www.BreastfeedingResourceCenter.org

Welcome to the BRC!

We are so glad that you scheduled an appointment. We look forward to working with you and your baby! Here is some information about what to expect and what to bring with you.

Where are we located?

Breastfeeding Resource Center – Abington Office
1355 Old York Rd.
Suite 101
Abington, PA 19001

- We are located directly across the street from Abington Hospital's Ziplely Garage. However, we are not affiliated with the hospital.
- We are in a small brick/stucco office building at the corner of Old York Rd. and Keith Rd. You will need to turn onto Keith Rd. to enter our parking lot. Parking is free. We are in the same building with Abington Family Chiropractic Center, and their sign (with a spine) is visible above our sign.

For consultations: Come around the front of the building on Old York Road and come down the steps to get to the 1st floor.

For support groups or classes: Enter the building from the parking lot near the accessibility ramp and walk up the steps to the 3rd floor.

What should you bring?

1. A hungry baby.
2. A few clean diapers and two receiving blankets.
3. If you are supplementing or concerned about your milk supply: please bring your breastpump and a bottle of expressed milk or formula.
4. If you are using a nipple shield, bring that also.

*Please arrive 15 minutes prior to your scheduled consultation if you haven't filled out your paperwork at home.

What happens during a typical consultation?

- We will take a brief history and weigh your baby. We will observe a feeding, and assist you with latch and positioning if necessary. We will work to improve your comfort if you are experiencing pain. We will weigh your baby after they nurse to measure their milk intake at the breast. We will come up with a care plan to help you to be successful at home as well!
- It's very important that you bring a hungry baby, so we can observe a full feeding. We suggest starting a feeding about 2 hours prior to your scheduled consultation time, so that your baby is ready for another feeding when you arrive.
- A consultation typically takes 1 – 1.5 hours. A report is sent to your doctor and your baby's doctor.

Insurance and payment:

The BRC is in-network with Independence Blue Cross (Personal Choice, Keystone Health Plan East, Independence Administrators, Amerihealth) and Aetna. Please bring your insurance card if you are enrolled in one of these plans.

If you don't have an in-network plan and are required to pay out of pocket, we accept cash, check, or Visa, MasterCard and Discover.

*NO American Express please. If you would like to submit a claim to your insurance company, we will provide you with a detailed receipt.

*The BRC has a sliding scale of payment, based on family size and income level.

If you have an out-of-network plan, we recommend you call Member Services and discuss your lactation benefits. Our Tax ID is 23-3049543.

For your convenience, the BRC has a selection of:

Nursing bras
Hands free pumping bras
Nursing attire The Haakaa Pump
Breastpump parts
Milk storage bags
Nursing pads
and more!

Our staff members are certified bra fitters!