



## Breastfeeding Resource Center

Abington Office  
1355 Old York Rd.  
Suite 101  
Abington, Pa 19001  
215-886-2433  
[www.BreastfeedingResourceCenter.org](http://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.

*Also, if you need to cancel or reschedule your appointment, please let us know 24 hours in advance so we may accommodate our clients who are waiting for a time slot.*

### **Where are we located?**

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

- We are located across the street from Abington Hospital's Ziple Garage. However, we are not affiliated with the Abington 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 on to Keith Road to enter our parking lot. Parking is free. We are in the same building with Abington Chiropractic and their sign (a picture of a spine) is visible above our sign.

*For consultations:* Come around to the front of the building on Old York Rd and come down the steps or the ramp to get to the first floor.

*\*We ask that you use our front entrance for this and all subsequent visits. We will direct you to our back entrance at the end of your consultation. This allows us to follow CDC social distancing guidelines.*

*For in person support groups or classes:* Enter the building from the parking lot near the accessibility ramp and walk up the steps to the 3<sup>rd</sup> 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 breast pump and a bottle of expressed milk or formula.
4. If you are using a nipple shield, bring that also.
5. Please bring the results of your baby's weight checks along with the appropriate dates.

## **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. This also applies to pumping. If you are currently pumping, do not pump for 2 hours prior to your visit.
- 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. If you would like to submit a claim to your insurance company, we will provide you with a detailed receipt.

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  
The Haakaa Pump

Breastpump parts  
Milk storage bags, bra pads  
and more!

Our staff members are certified bra fitters!