



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.


Also, if you need to cancel or reschedule feel free to text or call!

Where are we located?

- We are located across the street from Jefferson Abington Hospital's Zipley Garage. However, we are not affiliated with Jefferson 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.

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 for consultations.

What should you bring?

- A hungry baby.
- A few clean diapers and two swaddle blankets.
- If you are supplementing or concerned about your milk supply, please bring your breast pump and a bottle of expressed milk or formula.
- Pump flange size is important. Bringing your pump with you makes it possible for your consultant to do a pump flange fitting during your visit.
- If you are using a nipple shield, bring that also. 
- 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 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 be successful at home!

It is especially 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.