

## Multilingual Resources

[www.echominnesota.org/library/breastfeeding-your-baby](http://www.echominnesota.org/library/breastfeeding-your-baby)

[www.lalecheleague.org](http://www.lalecheleague.org)

[www.health.state.mn.us/wic/](http://www.health.state.mn.us/wic/)

<http://www.lactationtraining.com/>

## Health Resources

[www.ammarentingcenter.com](http://www.ammarentingcenter.com)

[www.breastfeedingmadesimple.com](http://www.breastfeedingmadesimple.com)

[www.infantrisk.com/](http://www.infantrisk.com/)

[www.toxnet.nlm.nih.gov/newtoxnet/lactmed.htm](http://www.toxnet.nlm.nih.gov/newtoxnet/lactmed.htm)

[www.kellymom.com](http://www.kellymom.com)

[www.mnbreastfeedingcoalition.org](http://www.mnbreastfeedingcoalition.org)

[www.womenshealth.gov/breastfeeding/](http://www.womenshealth.gov/breastfeeding/)

## Donate or Purchase Breast Milk

**Hudson Hospital Breast Milk Depot**

715-531-6572

[www.hudsonhospital.org](http://www.hudsonhospital.org)

**North Memorial Medical Center  
Breast Milk Depot**

763-581-8340

[www.northmemorial.com/milkdepot](http://www.northmemorial.com/milkdepot)

There are legal protections for nursing mothers. State and federal laws protect breastfeeding in the workplace and public such as parks, libraries, restaurants and stores.

[www.publichealthlawcenter.org/topics/healthy-eating/breastfeeding/resources](http://www.publichealthlawcenter.org/topics/healthy-eating/breastfeeding/resources)

## Supplies & Pumps

*Call your insurance provider for more information about coverage and preferred suppliers for breastfeeding supplies and equipment. A lactation specialist can help you decide the right pump for you and your baby.*

**Allina Health Home Oxygen and Medical Equipment**

651-628-4800

[www.allinahealth.org/Medical-Services/Allina-Health-Home-Oxygen-and-Medical-Equipment/](http://www.allinahealth.org/Medical-Services/Allina-Health-Home-Oxygen-and-Medical-Equipment/)

**Fairview Home Medical Equipment**

651-632-9800

[www.fairview.org/Services/HME/](http://www.fairview.org/Services/HME/)

**Grace Medical Supply** Stillwater

651-430-8184

1-866-514-7223

[smattox@gracemedicalsupplies.com](mailto:smattox@gracemedicalsupplies.com)

**Superior Medical Services** Woodbury

651-735-9192

[www.superiormedicalservices.com](http://www.superiormedicalservices.com)

**Milk Moms**

1-866-MILKMOM

[www.milkmoms.com](http://www.milkmoms.com)

**Washington County  
Breastfeeding Coalition**

[www.livinghealthywc.org/Breastfeeding.html](http://www.livinghealthywc.org/Breastfeeding.html)

Permission to duplicate as needed

**Living Healthy**  
IN WASHINGTON COUNTY

**ship**  
statewide health  
improvement partnership

# Washington County Breastfeeding Resource List



## Washington County Breastfeeding Coalition:

*Promote, support and protect breastfeeding through education, outreach, and collaboration within our community.*

**We envision a community where breastfeeding is the norm and where families are supported and empowered to achieve their breastfeeding goals.**

## Hospitals

### Fairview Lakes Medical Center

The Birthplace-Wyoming

Lactation Services: 651-982-7864

- IBCLC\* & lactation specialists available for telephone consultation, in-hospital support and by appointment.
- In-home lactation care through Fairview Home Care Services.
- Breastfeeding class: Register 612-672-7272
- Medela supplies available in the pharmacy 651-982-7500

### HealthEast

Woodwinds-Woodbury

651-232-3147

- IBCLC & lactation specialists available for telephone consultation, in-hospital support and by appointment.
- Medela supplies available
- Perinatal Homecare

### Lakeview Hospital

Birth Center, Stillwater

651-439-5330

- Lactation specialists and counselors available for telephone consultation, in-hospital support and by appointment.
- Breastfeeding Class: Register 651-430-4510

\*International Board Certified Lactation Consultant

**You may be able to get help with breastfeeding at no cost. Check with your insurance.**

[www.healthcare.gov/coverage/](http://www.healthcare.gov/coverage/)

## Public Health



### Washington County Department of Public Health and Environment

Staff is available to provide assistance to organizations interested in promotion and support of breastfeeding friendly practices. 651-430-6655

### Women, Infants, and Children (WIC)

Provides breastfeeding support and counseling, education and referrals.

IBCLC & lactation specialists on staff

Monthly breastfeeding classes offered in: Stillwater, Cottage Grove & Forest Lake Clinics. 651-430-6658

### Family Health Home Visiting

Public Health Nurses provide home visits during pregnancy or after the baby is born to assist families with reaching breastfeeding goals. IBCLC on staff. 651-430-6655

## La Leche League



### Information, education, and breastfeeding support.

[www.llli.org](http://www.llli.org)

### Local groups offer phone help and monthly meetings.

Referral Line 612-922-4996

### La Leche League: South Washington County

[www.llofmndas.org/south-washington-county.html](http://www.llofmndas.org/south-washington-county.html)

## Additional Resources

### HealthEast Care Connection

Call with questions or to schedule an appointment. 651-326-CARE (2273)

### Minnesota Breastfeeding Information Line

Connect to breastfeeding resources 24 hours a day, 7 days a week. 1-877-214-BABY (2229)—toll free

### National Breastfeeding Help Line

Trained breastfeeding peer counselors can help answer common breastfeeding questions by phone. Monday—Friday 8am-5pm: Spanish/English 800-994-9662 888-220-5446 TDD

### The Mother Baby Centers of Allina Health & Children's Minnesota

Resource Centers + Breastfeeding Support Groups offered at several locations.

*United Hospital, St. Paul* 651-241-6290

[www.allinahealth.org](http://www.allinahealth.org)

### Regions Hospital Lactation Support Center

651-254-2380

[www.regionshospital.com/rh/specialties/birth-center/lactation-support.html](http://www.regionshospital.com/rh/specialties/birth-center/lactation-support.html)

### Pregnancy and Postpartum Mental Health Support

612-787-7776

<http://www.ppsupportmn.org/>

**Find a board certified lactation consultant near you:** [lca.org](http://lca.org)