

Multilingual Resources

www.echominnesota.org/library/breastfeeding-your-baby

www.lalecheleague.org

www.health.state.mn.us/wic/

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

Health Resources

www.ammarentingcenter.com

www.breastfeedingmadesimple.com

www.infantrisk.com/

www.toxnet.nlm.nih.gov/newtoxnet/lactmed.htm

www.kellymom.com

www.mnbreastfeedingcoalition.org

www.womenshealth.gov/breastfeeding/

Donate or Purchase Breast Milk

Hudson Hospital Breast Milk Depot

715-531-6572

www.hudsonhospital.org

**North Memorial Medical Center
Breast Milk Depot**

763-581-8340

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

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/

Fairview Home Medical Equipment

651-632-9800

www.fairview.org/Services/HME/

Grace Medical Supply Stillwater

651-430-8184

1-866-514-7223

smattox@gracemedicalsupplies.com

Superior Medical Services Woodbury

651-735-9192

www.superiormedicalservices.com

Milk Moms

1-866-MILKMOM

www.milkmoms.com

**Washington County
Breastfeeding Coalition**

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/

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

Local groups offer phone help and monthly meetings.

Referral Line 612-922-4996

La Leche League: South Washington County

www.lllofmndas.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

Regions Hospital Lactation Support Center

651-254-2380

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