

# Stearns County Breastfeeding Resource List

## Public Health

Public Health offers home visiting programs for prenatal and postpartum families. In the comfort of your own home, you can get breastfeeding support from lactation specialists. Calls for breastfeeding questions are also welcome.

Monday - Friday 8:00-4:30

(320) 203-6942 or 1-800-450-3663

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

Offers breastfeeding education and support to mothers. Manual breast pumps are available to WIC participants.

(320) 203-6942 or 1-800-450-3663

## Breastfeeding Supplies / Pumps

- Ask your prenatal providers for a pump prescription (early as 28 weeks) S/He will write a prescription for one either during your pregnancy or after your baby is born (while you are in the hospital)
- Call your health insurance Customer Service number on the back of your health insurance card to find out who is your in network medical supplier.
- Take your pump prescription to your in network supply store.

## Hospitals and Clinics

### St. Cloud Hospital

**Breastfeeding Helpline:** (320)-251-2700, ext. 52311.

**Helpline hours:** 7 a.m. to 3:30 p.m.

After hours: leave a message and calls will be returned within 24 hours.

### CentraCare Clinic - Health Plaza

**Pediatrics:** (320)-654-3610, Ext 70268.

A board certified lactation consultant is available by phone for breastfeeding advice or in clinic for face-to-face consults. (320)-229-5199 Ext 70268

**O.B and Women's Health:** 320-654-3630

### CentraCare Health- Melrose

Certified Lactation Counselors are available:

(320)-256-4231

Prenatal classes are available— check the website for details

<https://www.centracare.com/events/details/?eventId=9cb0f0d3-0e97-e711-8d5c-782bcb3b39aa>

### CentraCare Health — Paynesville

Certified Lactation Counselors are available:

(320)-243-3767

Prenatal classes are available— check the website for details

<https://www.centracare.com/locations/paynesville/>

### CentraCare Health- Sauk Centre

Certified Lactation Counselors are available:

(320)-352-2221

Bravo Baby Prenatal Education series is made up of five class sessions with a sixth session for breastfeeding education.

<https://www.centracare.com/services/birthing-services/sauk-centre/>

## Apps

**CentraCare Baby- (free)** Resource to build confidence related to pregnancy, birth, breastfeeding and adjustment to parenting

**Coffective (free)** – a tool to help pregnant women set and reach their goals

**LactMed (free)** - database of drugs and dietary supplements that may affect breastfeeding

**MommyMeds (\$3.99)** – easy to understand information on drug safety and ingredients of medications for all pregnant and breastfeeding



## Telephone Resources

### Breastfeeding Helpline

National Women's Health Information Center:

Monday-Friday 8am-5pm

English and Spanish

1-800-994-9662

## Internet Resources

- ◆ <https://www.healthychildren.org/English/ages-stages/baby/breastfeeding/Pages/default.aspx>
- ◆ <http://www.cdc.gov/breastfeeding/>
- ◆ <http://kellymom.com/>
- ◆ <https://mnbreastfeedingcoalition.org/for-families/>
- ◆ <http://www.health.state.mn.us/wic/bf/>
- ◆ <http://www.nichd.nih.gov/health/topics/breastfeeding/>
- ◆ <https://mothertobaby.org/>

## Breastfeeding Classes

*Bravo Baby : Successful Breastfeeding*

\$10, at St Cloud Hospital

Visit: <https://www.centracare.com/events/search-results/?keywords=breastfeeding> search breastfeeding

*Bravo Baby: Prenatal Class - Sauk Centre*

The Bravo Baby Prenatal Education series is made up of five class sessions with a sixth session for breastfeeding education

*Movie Night to Go Kit-*

*Better Breastfeeding: Your guide to a Healthy Start*

English and Spanish DVD \$25

St. Cloud Hospital Women & Children's Center–  
(320)-656-7021

*Elevate*

Breastfeeding Classes offered 1x a month

(320) 253-4150

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

## Community Resources

### Everyday Doula

Sarah Eiden CLC, Doula (Sauk Centre area)

Provides home visits along with phone and text support .

<http://everydaydoulamn.simplesite.com/> (701) 200-2190

### La Leche League– Free

Support & information for breastfeeding mothers and mothers-to-be interested in breastfeeding. Please see the website for meeting location and times

<http://www.llofmdas.org/st-cloud.html>

### The Birth Community– Free

The Birth Community serves pregnant women and their families in St. Cloud and surrounding areas by providing a platform for support, education, and resources.

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

### For All of Maternity

2026 8th St N. St Cloud, MN 56303

Check out the events calendar for classes

<https://forallofmaternity.com/>



**Public Health**  
Prevent. Promote. Protect.

Stearns County

