SHERBURNE COUNTY

Lactation Resource List

To access links
https://www.co.sherburne.mn.us/Breastfeeding
or scan QR code

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 welcomed.

Monday - Friday
8 am - 4:30 pm
(763) 765-4000 or 1-800-433-5239 (toll free)

WIC

The Women, Infants and Children program (WIC) offers breastfeeding education and support.

WIC Peer Breastfeeding Program

Monday-Friday
8 am - 4:30 pm
(763) 765-4116 or 1-800-433-5239 (toll free)

Minnesota Milk Bank for Babies

Mothers who are breastfeeding may have extra breast milk. A milk bank is a facility which processes human donor milk for distribution to infants who need breast milk. For more information and locations click on the title above or search for *MN Milk Bank for Babies*.

Hospitals

Buffalo Hospital
(763) 684-7630

CentraCare Health - Monticello
(763) 271-2218

CentraCare Health - St. Cloud
(320) 251-2700 ext.52311

M Health Fairview
(612) 868-0823

Maple Grove Hospital
(763) 581-2021

Mercy Hospital- Coon Rapids
(763) 236-7430

***Check with your health insurance plan before scheduling with a lactation consultant, some services may not be covered.**

Lactation Supplies/Pumps

- Ask your prenatal provider for a prescription (as early as 28 weeks). A prescription will be written for a pump either during your pregnancy or after your baby is born (while you are in the hospital).
- Call the health insurance Customer Service number on the back of your health insurance card to find out which medical suppliers are in-network.
- Take your prescription to your in network supply store.

ship statewide health improvement partnership

Public Health
Prevent. Promote. Protect.

SHERBURNE
Health & Human Services

Lactation Support

CentraCare Plaza, Outpatient Lactation
1900 CentraCare Plaza, St. Cloud
(320) 654-3630 ext. 51990 (OB)
(320) 654-3610 (Pediatrics)

Lactation Support Groups

Free, drop-in center for pregnant & breastfeeding moms for information and support.

Maple Grove Hospital
Medical Office Building, LL Conference Room
Wednesdays 1:30 pm - 3 pm
(763) 581-2021

Mercy Hospital - Mother Baby Center
Please call for time.
(763) 236-7430

Fairview Northland Hospital
Every other Monday 6:30 pm - 7:30 pm
Please call for more information or to sign-up
(763) 389-7667

Monticello Baby Cafe
Monticello Community Center
Tuesdays, 9:30 am - 11:30 am
(763) 271-2218

Buffalo Baby Café - Historical Society
Wednesdays 9:30 am - 11:30 am
(763) 684-7630

St Cloud Baby Café – YMCA
Every Tuesday 9:30 am - 11:30 am
(320) 251-2700 ext. 51990

Cornerstone Baby Cafe - St. Michael
204 Central Ave E. St. Michael
First and Third Friday, 10:00 am - 12:00 pm
(612) 584-9449

East Central Baby Café, Cambridge
Cambridge-Isanti Adult Enrichment Center
Every Thursday 11:00 am - 12:30 pm
(763) 689-4212

Times subject to change with inclement weather.

La Leche League
La Leche League groups provide mother-to-mother support, encouragement and education.

Breastfeeding Classes

Anoka County Online Breastfeeding Class: Ready, Set, Breastfeed!

CentraCare Online Breastfeeding Class for expectant and new parents. Fee: $10

Telephone Resources

Breastfeeding Helpline

National Women's Health Information Center:
M-F, 8 am - 5 pm (English and Spanish)
1-800-994-9662 (toll-free)
1-888-220-5446 (TDD, toll-free)

Infant Risk Center

Experts available to answer questions about medications while breastfeeding.
M-F, 8 am - 5 pm
1-806-352-2519

Free Apps

- **YoMingo** - provides education and support during pregnancy and postpartum.
- **Coffective** - checklists, resources and support for mom's to get the help they need to get off to a great start.
- **LactMed** - information on how drugs or dietary supplements can affect breastfeeding.
- **Text 4Baby** - Free text messages to keep you and your baby healthy.

Internet Resources

Click on or search for the following resources:

- Your Guide to Breastfeeding- Women's Health
- La Leche League
- MN Breastfeeding Coalition
- Breastfeeding MN Department of Health
- Medicine of NE Ohio
- KellyMom
- E-Lactancia
- Lactation Education Resources Parent Handouts
- BabyCenter Breastfeeding
- Stanford Maximizing Milk Production
- First Droplets
- Lamaze International
- Zip Milk