

Hospitals

***Check with your health insurance plan about coverage for a visit with a lactation consultant before scheduling, as it may not be covered.

Buffalo Hospital

(763)684-7640

Cambridge Medical Center

(763)688-8700 or 1-800-252-4133

CentraCare Health – Melrose

(320)256-4231, ext. 24418

CentraCare Health – Monticello

(763)271-2218

CentraCare Health- Paynesville

(320)243-7933 –ask for Lactation Resource Nurse

CentraCare Health- Sauk Centre

(320)352-2221

Fairview Northland Medical Center- Princeton

(612)868-0823

Maple Grove Hospital

(763)581-2021

Mercy Hospital-Coon Rapids

(763)236-7430--Breastfeeding “warm line”

Methodist Hospital-St. Louis Park

Breastfeeding Center (Inside Health & Care store) (952)993-5124

St. Cloud Hospital

Breastfeeding Resource Center
(320)251-2700 ext 52311

Abby Boelter, LPN, IBCLC*

CentraCare Clinic - Health Plaza
(320)654-3610

*If not a CentraCare patient, can meet with one of the providers prior to meeting with Abby for a new patient consult.



Breastfeeding Classes

Allina

Breastfeeding and Lactation Basics—\$35--register at: www.allinahealth.org/events or call 1-866-904-9962

Anoka County WIC—Online

www.anokacounty.us/3009/Breastfeeding

CentraCare

Bravo Baby: Successful Breastfeeding classes—\$10--register at: www.centracare.com/events search for *breastfeeding*.

ECFE (only offered during school year) **no cost**

Big Lake—(763)262-3233

Elk River—(763)241-3524

Fairview

Beyond the Basics of Breastfeeding—register at: www.fairview.org/Classes/index.htm or call 1-800-824-1953

Maple Grove Hospital

Breastfeeding Class—\$30--register at: www.maplegrovehospital.org/classes

Park Nicollet/Health Partners

Breastfeeding--\$40—register at: <http://ammaparentingcenter.com/classes/#breastfeeding> or call 952-926-BABY

Public Health

Public Health offers home visiting programs for prenatal and postpartum families. Eligibility for home visits may vary by county. In the comfort of your own home, you can get breastfeeding support from lactation specialists. Calls for breastfeeding questions are also welcomed.

Anoka County Public Health

(763)324-4200

Benton County Public Health

(320)968-5087

Mille Lacs County Public Health

(320)983-8208 or 1-888-270-8208

Sherburne County Public Health

(763)765-4000 or 1-800-433-5239



Stearns County Public Health

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

Wright County Public Health

(763)682-7400

WIC

The Women, Infants and Children program (WIC) offers breastfeeding education and support. Various breast pumps may be available to WIC participants.

Anoka County WIC

(763)324-4230

Benton County WIC

(320)968-5156

Mille Lacs County WIC

(320)983-8208 or 1-800-983-8385

Mille Lacs Reservation Public Health

(320)532-7821

Sherburne County WIC

(763)765-4116 or 1-800-433-5239

Stearns County WIC

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

Wright County WIC

(320)963-6500



La Leche League

All La Leche League groups have monthly meetings. Call the contact(s) listed for more information or for help with breastfeeding.

Anoka County

Angie----(612) 308-5408

Joanna---(651)303-7250

NE Minneapolis and Suburbs

Liz -----(612)588-7850

Zeynep--(612)789-0592

St Cloud

Cali -----(320)281-9095
Jackie --(320)200-9470
Kay -----(320)252-8467

Breastfeeding Groups

Nursing Mothers Supporting Each Other
Big Lake, MN 55309
Call (763)262-3233 to register



Baby Cafés

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

- **Mercy--Mother Baby Center**
4050 Coon Rapids Blvd, Coon Rapids
763-236-7430
Mondays, 10am-12pm.
- **Buffalo Hospital**
Wright County Heritage Center
2001 Hwy 25 N
Buffalo, MN 55313
Wednesdays, 10 am -12 pm

Telephone Resources

Minnesota Breastfeeding Sources
1-877-214-BABY (2229) (toll-free)

Breastfeeding Helpline

National Women's Health Information Center:
M-F, 9am-6pm EST (English and Spanish)
1-800-994-9662 (toll-free)
1-888-220-5446 (TDD, toll-free)

Infant Risk Center

Up-to-date evidence-based information on use of medications during pregnancy and breastfeeding.
Monday-Friday, 8am-5pm (806)-352-2519

Apps

Text4Baby **Cost:** Free
LactMed **Cost:** Free
Breastfeeding Solutions **Cost:** \$6.99
Coffective **Cost:** Free

MommyMeds **Cost:** Free
CentraCare Baby **Cost:** Free

Internet Resources

- womenshealth.gov/breastfeeding
- breastfeedingonline.com
- kellymom.com
- lilii.org
- lowmilksupply.org
- babycenter.com/breastfeeding
- bfmedneo.com/our-services/breast-massage
- newborns.stanford.edu/Breastfeeding/MaxProduction.html
- lactationtraining.com/resources/handouts-parents/handouts-lactation



Breastfeeding Supplies/Pumps

Ameda ParentCare 1-866-99-AMEDA
ameda.com/breastfeeding-products/where-to-buy

Kay's Breast Pumps (320)252-8467
Hospital grade pumps to rent, and parts and supplies to purchase.

Hygeia Breast Pumps 1-888-786-7466
hygeiainc.com/store-locator

Medela Pumps 1-800-435-8316
medelabreastfeedingus.com/bnnsearch

Spectra Pumps 1-855-446-6622
<http://spectrainc.us/lookup.com/>

**Medical Assistance will usually cover double-electric pumps with a doctor's order, when mother and baby will be separated.

**Check with your medical plan for coverage at pump providers as your insurance may be accepted at certain locations only.

A Breastfeeding Resource List

from the



Breastfeeding provides perfect nutrition for infants and has documented benefits for both mother and child. The mission of the Central Minnesota Breastfeeding Coalition is to promote, support and protect breastfeeding through education, outreach and collaboration within our community.

www.centralmnbreastfeedingcoalition.org

