

BREASTFEEDING RESOURCES

Benton County Public Health

<https://www.co.benton.mn.us/625/Breastfeeding> 320 - 968 - 5087

www.mnbreastfeedingcoalition.org

BREASTFEEDING EDUCATION & SUPPORT

ST. CLOUD HOSPITAL

Breastfeeding Help Line

(320) 251-2700 x52311

Monitored 7 am - 3 pm daily

*includes holidays & weekends

Breastfeeding Classes

Bravo Baby: Successful Breastfeeding

Live Online Sessions

<https://vs.centracare.com/events/>

CentraCare Clinic - Health Plaza

Outpatient Lactation Services

8:30 am - 4:30 pm

Call (320) 654-3610 to schedule an appointment.

If not a CentraCare patient, meet with provider first for a patient consult.

LA LECHA LEAGUE

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

This group provides mother-to-mother support, encouragement and education to pregnant and breastfeeding mothers.

Westwood Church 5719 Walnut Drive, St. Cloud

Fourth Mondays at 6:30 pm

La Lecha Leaders are available by phone for individual consultation whenever you have breastfeeding questions:

- Cali: (320) 281-9095
- Jacqueline: (320) 200-9470

WELL FED CO

<https://www.thewellfedco.com/>

Weekly Well Fed Clinic in St. Cloud, MN is a one-stop-shop for breastfeeding moms and babies to receive care from MULTIPLE professionals at ONE appointment!

BREAST PUMPS

Medical Assistance will typically cover double electric pumps with a doctor's order. Check with your medical plan for coverage as your insurance may be accepted at certain locations only.

- Ameda ParentCare (866) 99-AMEDA
ameda.com/products/breast-pumps/
- Aeroflow Breastpumps (844) 867-9890
<https://aeroflowbreastpumps.com>
- Milk Moms (763) 413-0129
milk moms.com

BENTON COUNTY SUPPORT

Benton County WIC The Women, Infants and Children Program offers breastfeeding education and support.

Various breast pumps may be available to WIC participants.

(320) 968-5156

Benton County Public Health has trained Certified Lactation Counselors on staff available to answer breastfeeding questions or provide free home visits to **any** Benton County resident.

(320) 968-5087

TELEPHONE RESOURCES

Breastfeeding Helpline

(800) 994-9662

National Women's Health Information Center

Monday - Friday 9 am - 6 pm EST (English & Spanish)

Infant Risk Center (806) 352-2519 Evidence based information on use of medications during pregnancy and breastfeeding. Monday - Friday 8 am - 5 pm

BREASTFEEDING SUPPORT GROUPS

BABY CAFES

Free, drop-in support groups for pregnant & breastfeeding moms. Babies & children welcome. Open to the public.

St. Cloud YMCA

2001 Stockinger Drive, St. Cloud

Every Tuesday

9:30 am - 11:30 am

Fairview - Princeton

911 Northland Dr, Princeton, MN 55371

Every Thursday

11:30 am - 1:30 pm

Buffalo (Wright County Historical Society)

(320) 684-7630

Every Wednesday

10 am - 12 pm

Buffalo (Cornerstone Cafe)

(763) 684-7630 204

Central Avenue East

1st and 3rd Friday of the month

10 am- 12 pm

MILK DEPOTS

CentraCare St. Cloud & Monticello and Maple Grove Hospital are Human Milk Bank Association of North America affiliated milk collection sites.

If you're interested in donating breast milk, visit this site: mnmilkbank.org/donate-milk/

INTERNET RESOURCES

MN BREASTFEEDING COALITION

mnbreastfeedingcoalition.org

A collection of lactation advocates and professionals, from coalitions and communities, dedicated to a single

Mission:

Working collaboratively to create environments where breastfeeding is valued and supported to achieve natural infant feeding equity in all Minnesota communities.

Kelly Mom

kellymom.com

Women's Health

womenshealth.gov/breastfeeding

Baby Center

babycenter.com

American Academy of Pediatrics

healthychildren.org

MOBILE APPS

Text4Baby (free)

health tips, appointment reminders and free text message updates

Coffective (free)

a tool to help pregnant women set and reach their goals

Medela Family (free)

Breastfeeding log & support

Breastfeeding Solutions (\$4.99)

a guide to overcoming most common breastfeeding problems