

PATIENT EDUCATION

CentraCare – Monticello Lactation Support

Outpatient Lactation Services: supporting healthy moms and babies with personalized prenatal and postpartum education

CentraCare – Monticello is committed to providing comprehensive education and outpatient lactation services to assist and support moms who are breastfeeding, pumping and/or supplementing. Schedule your appointment with a certified lactation consultant for assistance with lactation questions, assessment of concerns, and breastfeeding resources and guidance.

Women with one or more of the following risks factors may benefit from a prenatal lactation appointment:

- History of low milk supply
- Hormonal imbalances including thyroid concerns, PCOS (polycystic ovary syndrome), difficulty becoming pregnant
- Gestational diabetes, Type 1 diabetes or Type 2 diabetes
- Twin or other multiple pregnancy
- First pregnancy and older than 35 years of age
- Planned delivery at earlier than 38-39 weeks
- History of breast reduction or augmentation

Specialized postpartum lactation education may be beneficial for mother/baby couplets with questions or concerns regarding:

- Babies born at less than 38 weeks
- Nipple or breast pain
- Difficulties latching
- Breastfeeding with a nipple shield
- Babies with weight loss of 10% or more
- Babies with high bilirubin levels
- Babies receiving supplementation

Talk to your provider about scheduling a prenatal or postpartum lactation appointment or call 763-271-2218 for more information. Moms find postpartum lactation appointments beneficial when scheduled within a few days of going home from the hospital. We encourage all patients, prior to scheduling an outpatient lactation consult, to verify insurance coverage.

Support Groups

- **Monticello Baby Café** supports all aspects of breastfeeding/pumping – from before baby is born to weaning to mom's return to work. Share your experiences and learn how others are adjusting to the demands of motherhood in a relaxed, child-friendly environment. Monticello Baby Café meetings Mondays from 10:00am – Noon at the Monticello Community Center – Conference Room, 505 Walnut Street, Monticello.

- **La Leche League of St. Cloud** Mother-to-mother support, encouragement and education to pregnant and breastfeeding mothers. Meetings are the fourth Monday at 6:30 p.m. at Westwood Church, 5719 Walnut Dr., St. Cloud, MN. La Leche League Leaders are also available by phone for individual consultation whenever you have breastfeeding questions or concerns.
 - Cali: 320-281-9095
 - Jacqueline: 320-200-9470
 - www.llofmndas.org/st-cloud.html
- **Wright County Community Action WIC** For eligibility, locations and hours, call 320-963-6500 or email wic@wccaweb.com
- **Wright County Public Health** Public health nurses trained in lactation support are available to answer breastfeeding questions or provide free home visits to any Wright County resident. Monday through Friday: 8 a.m. to 4:30 p.m. Call 763-682-7468 for more information.

Milk Depots

CentraCare – Monticello, CentraCare – St. Cloud Hospital, and CentraCare – Long Prairie are Human Milk Banking Association of North America (HMBANA) affiliated milk collection sites. To learn about the benefits of breast milk donation and how to become donor, visit www.mnmilkbank.org/donate-milk

Telephone resources

- **CentraCare – Monticello Birth Center** 763-271-2218
- **Breastfeeding Helpline** National Women’s Health Information Center provides and locates nursing mother support. www.womenshealth.gov Monday through Friday: 9 a.m. to 6 p.m. ET (English and Spanish) Call 800-994-9662 for more information.
- **Infant Risk Center** Up-to-date evidence-based information on the use of medications during pregnancy and breastfeeding. Monday through Friday: 8 a.m. to 5 p.m. Call 806-352-2519 for more information.

Apps

- CentraCare Baby (free) resource on pregnancy, birth, breastfeeding and adjustment to parenting
- Coffective (free) helps 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 mothers
- Breastfeeding Solutions (\$4.99) a guide to overcoming most common breastfeeding problems

Internet Resources

- American Academy of Pediatrics www.healthychildren.org/English/agesstages/baby/breastfeeding/Pages/default.aspx
- Centers for Disease Control and Prevention www.cdc.gov/breastfeeding
- Kelly Mom www.kellymom.com
- Minnesota Breastfeeding Coalition www.mnbreastfeedingcoalition.org/for-families
- MN Department of Health www.health.state.mn.us/people/wic/localagency/bf
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