

# SHERBURNE COUNTY

## Breastfeeding Resource List

To access links, download at:  
<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.

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

**Fairview Northland Medical Center**  
855-FAIRVIEW

**Maple Grove Hospital**  
(763) 581-2021

**Mercy Hospital- Coon Rapids**  
(763) 236-7430

**St. Cloud Breastfeeding Resource Center**  
(320) 251-2700 ext 52311

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

### Breastfeeding 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.



## Breastfeeding Support

### Mommy & Me Breastfeeding Support Group

Free drop-in breastfeeding support group for mothers.

Where: Maple Grove Hospital

Medical Office Building, LL Conference Room

Tuesdays 10:30 am - 12 pm

Phone: (763) 581-2021



### MILK-Centricare Monticello

Where: Eastview Education Center's Media Room 9375

Fenning Ave, Monticello

When: 2nd and 4th Thursday, Stop by 4:30-6:30 pm

Phone: (763) 271- 2218

### La Leche League

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

### Baby Cafes

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

- Princeton, U of M Fairview Northland  
3rd floor, Room - 3B  
Thursdays 11:30 am - 1:30 pm  
(763) 389-6329
- Mercy Hospital - Mother Baby Center  
Please call for time.  
(763) 236-7430
- Buffalo Baby Café - Historical Society  
Wednesdays 10 am - 12 pm  
(763) 684-7630
- St Cloud Baby Café - YMCA  
Every Tuesday 9:30 - 11:30 am  
320-251-2700 ext. 51990  
**\*St Cloud Baby Café - If schools are cancelled or if on a holiday, the Baby Café will be cancelled.**
- East Central Baby Café, Isanti Gov. Center  
Every Thursday 11:00 am - 12:30 pm  
763-689-4212

## Breastfeeding Classes

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

\*Check with your local hospital for additional classes.

## 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

- **CentraCare Baby** - find tips related to pregnancy, birth, breastfeeding and parenting.
- **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](#) (breast massage, hand-expression, latch)
- [KellyMom](#)
- [Lactation Education Resources Parent Handouts](#)
- [BabyCenter Breastfeeding](#)
- [Trash The Pump and Dump](#)
- [Stanford Maximizing Milk Production](#)
- [First Droplets](#)
- [Lamaze International](#)