

Online Resources

www.breastfeedingmadesimple.com

www.lalecheleague.org or www.llli.org

www.mnbreastfeedingcoalition.org

www.normalfed.com

www.womenshealth.gov/breastfeeding/

www.workandpump.com

Breastfeeding Supplies & Pumps

Ameda Pumps

1-866-99-AMEDA

www.ameda.com

Fairview Home Medical Equipment

651-632-9800

Grace Medical Supplies

651-430-8184

1-866-514-7223

smattox@gracemedicalsupplies.com

Medela Pumps

1-877-735-1626

www.medelabreastfeedingus.com

Milk Moms

763-413-0129

1-866-MILKMOM

www.milkmoms.com

Superior Medical Services

651-735-9192

www.superiormedicalservices.com

Washington County Breastfeeding Coalition

Current members include:

- Allina Clinic—Woodbury
- Children's Hospitals & Clinics of Minnesota
- Comprehensive Healthcare for Women
- Fairview Lakes Medical Center
- Lakeview Health
- La Leche League of South Washington County
- Stillwater Medical Group
- Washington County Department of Public Health and Environment
- Women, Infants, and Children (WIC)
- Woodwinds Health Campus

For more information about the coalition:
651-982-7864 or shumphr2@fairview.org.

Our Goals :

1. Increase initiation and duration rates in Washington County.
2. Advance breastfeeding knowledge and the skill base of health care professionals in the county.
3. Provide families with access to accurate information, community support and the resources to successfully breastfeed.
4. Link healthcare professionals, breastfeeding families, and the community with up-to-date referral and educational materials.

Living Healthy
IN WASHINGTON COUNTY

www.livinghealthywc.org

Duplicate as needed. 12/27/11
Go to www.livinghealthywc.org/Breastfeeding.html
for an electronic copy.

Washington County Breastfeeding Resource List



from the
*Washington County
Breastfeeding Coalition*

whose mission is to promote, support and protect breastfeeding through education, outreach, and collaboration within our community.

We envision a community where breastfeeding is the norm and where families are supported and empowered to achieve their breastfeeding goals.

Hospitals

Fairview Lakes Medical Center

Birthplace Lactation Service
5200 Fairview Blvd
Wyoming, MN 55092
651-982-7864

- IBCLC* Lactation Consultant staff
- Inpatient support
- Outpatient appointments
- Telephone consultation
- Monthly prenatal breastfeeding classes
Register online at www.fairview.org/classes or call 612-672-7272
- Call for help locating rental pumps. Medela retail pumps available in the pharmacy.

HealthEast Lactation Clinic

Woodwinds, St. Joseph's, and St. John's Hospitals
651-232-3147

- IBCLC* Lactation Consultant staff
- Inpatient support
- Outpatient appointments
- Telephone consultation
- Breastfeeding classes Monday-Saturday (Woodwinds only)
- *Breastfeeding Basics* class (prenatal) offered
Register online at www.healtheast.org or call 651-326-2273
- Some retail Medela items available

Lakeview Hospital

927 Churchill Street West
Stillwater, MN 55082
651-439-5330

- Lactation Specialist and Counselors
- Inpatient support
- Outpatient appointments
- Prenatal Breastfeeding Class (offered 6x/year)
Register online or by calling 651-430-4510
<http://www.lakeview.org/childbirthprepclasses.aspx>
- Homecare visits for first time mothers
- Ameda pumps for sale

Public Health

Washington County Department of Public Health & Environment

14949 62nd St. N
Stillwater, MN 55082
651-430-6655

Women, Infants, and Children Nutrition Program (WIC)

Clinics in: Stillwater, Cottage Grove & Forest Lake
Provide breastfeeding support and education
651-430-6658

Family Health Home Visiting

Public Health Nurse home visits available for Washington County residents to provide postpartum and breastfeeding support & education.
651-430-6655

http://www.co.washington.mn.us/info_for_residents/public_health/family_health/breastfeeding/

La Leche League

La Leche League is an international, nonprofit, nonsectarian organization offering information, education, and support to mothers who want to breastfeed their babies. Local groups offer phone help and monthly meetings.

Find free **local monthly meetings** (in Washington County and elsewhere), **local breastfeeding support and information**, and access to **phone help** by visiting:

www.la lecheleague.org or www.llli.org

and use the “*Find local support*” drop-down menu or click on the “*Resources*” tab.

Additional Resources

Methodist Hospital

The Breastfeeding Support Center @ Park Nicollet
952-993-5124

Regions Hospital

Lactation Support Center
651-254-2380

United Hospital

The Breastfeeding Resource Center (Birth Center)
651-241-6250

HealthEast Maplewood Pediatric Clinic

651-232-7800—weekdays only

Minnesota Breastfeeding Sources

1-877-214-BABY (2229)—toll free

National Breastfeeding Help Line

Trained breastfeeding peer counselors can help answer common breastfeeding questions by phone.
Monday—Friday: Spanish/English
1-800-994-9662—toll free
1-888-220-5446—toll free (TTY)

Private Practice Lactation Consultant

Chris Clark, IBCLC*
651-644-4196
mcw.clark@gmail.com

* IBCLC - International Board Certified Lactation Consultant