

BREASTFEEDING HELPLIST

AGENCIES

Appalachian Breastfeeding Network After Hours Helpline

1-888-588-3423

- Phone consults 4:30 p.m.-8:30 a.m. daily

Doctor's West Hospital Lactation Department

614-544-2111

- Phone consults
- Free baby weight checks
- Breastfeeding classes
- Pump rental

Dublin Methodist Hospital

614-544-8002 or 614-443-2584 to register

- Phone consults
- Breastfeeding classes

Franklin County WIC Programs: Columbus Public Health & Nationwide Children's Hospital

Call your WIC clinic or the Breastfeeding Helpline at 614-645-7065.

- Peer helpers and breastfeeding staff for phone and clinic help
- Breastfeeding classes
- Hand pumps
- Message line for breastfeeding questions/concerns
- Electric pumps for work/school

Grant Hospital Lactation Department

614-566-9008

- Phone consults
- Support group/free baby weight checks*: Tues., 2-3 p.m., 111 S. Grant Ave.-4th floor
- Pump rental

La Leche League of Greater Columbus

Visit www.llli.org for information.

- Monthly meetings and 24 hour phone help

Mother's Milk Bank

614-566-0630

- Donor milk available with doctor's prescription for babies in hospital special care nursery
- Breast milk donations accepted from screened mothers

Mount Carmel Helpline (for Mt. Carmel East, Mt. Carmel West & St. Ann's)

614-234-MILK (6455)

- Phone, outpatient services
- Pump rentals/purchase (through gift shop)
- Support groups/free baby weight checks*
 - Mt. Carmel East: Tues., 2-3 p.m., Building 5, Suite 100
 - Mt. Carmel West: Fri., 11 a.m.–noon, 777 W. State St.
 - St Ann's: Wed., 10-11 a.m., Maternity Pavilion
- Breastfeeding supplies
- Breastfeeding classes

Nationwide Children's Hospital Lactation Department

614-722-5228

- Breastfeeding clinic with physician referral – 614-722-6200
- Support group: Thurs., 1 p.m., Blue Jackets Family Resource Center of Main Hospital

OSU Hospital Lactation Department

614-293-8910 or 614-293-5123 to register

- Phone and outpatient services
- Breastfeeding classes
- Support Group:
 - 1st Saturday of the month at 11 a.m. &
 - 3rd Thursday of the Month at 4:30 p.m.

Location for both is Ohio States outpatient Care Upper Arlington

First Floor Conference Room 1400

1800 Zollinger Road Columbus Ohio 43221

Riverside Hospital Breastfeeding Helpline

614-566-3434

- Phone/outpatient services
 - Breastfeeding supplies
 - Support groups/free baby weight checks*: Thurs., 1:30-2:30 p.m., Women's Center yellow area
 - Bra fittings/sales
 - Breastfeeding classes
 - Pump rental
- 3535 Olentangy River Rd

*Call to check times.

BOOKS

The Baby Book: Everything You Need To Know About Your Baby - From Birth to Age Two by William & Martha Sears

The Womanly Art of Breastfeeding by La Leche League

The Nursing Mother's Companion by Kathleen Huggins

Mothering Multiples by Karen Gromada

Nursing Mother, Working Mother by Gale Pryor

FACEBOOK

Local:

- Central Ohio Breastfeeding Coalition
- Black Lactation Circle (BLaC)- Central Ohio (also monthly meetings)

Other:

- Mocha Milk Mommy's Breastfeeding Support Group
- Black Women Do Breastfeed
- Breastfeeding Mama Talk
- Breast is Best without Fear
- La Leche League of Ohio
- Breastfeeding USA

APPS

Coffective

Breastfeeding Solutions

LatchMe

Lamaze International: Pregnancy to Parenting

Lactmed (medication information)

Pump Log

WEB SITES

Resource for breastfeeding and parenting information:

- kellymom.com
- breastfeedingmamatalk.com
- lilli.org

Breastfeeding information in other languages:

- breastfeedinginc.ca
- medlineplus.gov/languages/breastfeeding.html

Hand expression videos:

- bfmedneo.com
- newborns.stanford.edu/Breastfeeding

Breastfeeding issues:

- BFAR.org (*breastfeeding after reduction surgery*)
- lowmilksupply.org

Medication safety for pregnant and breastfeeding moms:

- infantrisk.com
- *WIC has resources to share*

Resources for African American mothers:

- mochamanual.com/bb
- blackwomendobreastfeed.org
- womenshealth.gov/itonlynatural

Working and breastfeeding:

- workandpump.com
- womenshealth.gov/breastfeeding/employer-solutions/

Columbus Public Health does not endorse these sites. Check with your WIC breastfeeding staff to assure accuracy.