

# BREASTFEEDING HELPLIST

## AGENCIES

### 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.-4<sup>th</sup> floor
- Pump rental

### La Leche League of Greater Columbus

Visit [www.llli.org](http://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 weights\*
  - Mt. Carmel East: Tues., 2-3 p.m., 4<sup>th</sup> floor Heart Center
  - Mt. Carmel West: Fri., 11 a.m.–noon, 777 W. State St.
  - St Ann's: Wed., 10-11 a.m., Maternity Pavilion
- Breastfeeding supplies
- Bra fittings/sales
- 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., 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

### 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.*

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## BREASTFEEDING HELPLIST - *continued*

### 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](http://kellymom.com)
- [breastfeedingmamatalk.com](http://breastfeedingmamatalk.com)
- [lilli.org](http://lilli.org)

#### Breastfeeding information in other languages:

- [breastfeedinginc.ca](http://breastfeedinginc.ca)
- [medlineplus.gov/languages/breastfeeding.html](http://medlineplus.gov/languages/breastfeeding.html)

#### Hand expression videos:

- [bfmedneo.com](http://bfmedneo.com)
- [newborns.stanford.edu/Breastfeeding](http://newborns.stanford.edu/Breastfeeding)

#### Breastfeeding issues:

- [BFAR.org](http://BFAR.org) (*breastfeeding after reduction surgery*)
- [lowmilksupply.org](http://lowmilksupply.org)

#### Medication safety for pregnant and breastfeeding moms:

- [infantrisk.com](http://infantrisk.com)
- *WIC has resources to share*

#### Resources for African American mothers:

- [mochamanual.com/bb](http://mochamanual.com/bb)
- [blackwomendobreastfeed.org](http://blackwomendobreastfeed.org)
- [womenshealth.gov/itsonlynatural](http://womenshealth.gov/itsonlynatural)

#### Working and breastfeeding:

- [workandpump.com](http://workandpump.com)
- [womenshealth.gov/breastfeeding/employer-solutions/](http://womenshealth.gov/breastfeeding/employer-solutions/)

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