

BREASTFEEDING HELPLIST

AGENCIES

Doctor's West Hospital Lactation Department - 544-2111

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

Dublin Methodist Hospital - 544-8002 or 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 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 - 566-9008

- Phone consults
- Support group/free baby weight checks
- Pump rentals

La Leche League of Greater Columbus – visit www.llli.org for information

- Monthly meetings and 24 hour phone help

Mother's Milk Bank - 566-0630

- Donor milk available with doctor's prescription
- Breastmilk donations accepted from screened mothers

Mount Carmel Helpline for: Mt Carmel East, Mt Carmel West & St Ann's - 234-MILK

- Phone, outpatient services
- Support groups/free baby weights
- Pump rentals/purchase
- Breastfeeding supplies
- Bra fittings/sales
- Breastfeeding classes

Nationwide Children's Hospital Lactation Department - 722-5228

- Services for hospitalized infants at Nationwide Children's
- Outpatient consults with physician referral

OSU Hospital Lactation Department - 293-8910 or 293-5123 to register

- Phone consults
- Breastfeeding classes

Riverside Hospital Lactation Helpline - 566-3434

- Phone/outpatient services (Sliding fee scale, no Medicaid)
- Support groups
- Free baby weight checks
- Breastfeeding supplies
- Bra fittings/sales
- Breastfeeding classes

BREASTFEEDING HELPLIST, *continued*

BOOKS

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

The Womanly Art of Breastfeeding by La Leche League

Breastfeeding Made Simple by Kathleen Kendall-Tackett and Nancy Mohrbacher

The Nursing Mother's Companion by Kathleen Huggins

The Breastfeeding Café: Mothers Share the Joys, Challenges, and Secrets of Nursing by Barbara Behrmann

Mothering Multiples by Karen Gromada

Nursing Mother, Working Mother by Gale Pryor

Breastfeeding Your Premature Baby by Gwen Gotsch

Nighttime Parenting by William Sears

Nursing Mother's Guide to Weaning by Kathleen Huggins and Linda Ziedrich

WEB SITES

www.breastfeeding.com

www.promom.org

www.breastfeedingonline.com

www.4women.gov (Helpline in English, Spanish 1-800-994-9662)

www.kellymom.com

www.BFAR.org (breastfeeding after reduction surgery)

www.askdrsears.com

www.lowmilksupply.org

www.infantrisk.com (Helpline: 806-352-2519 information about drugs; help with nausea and vomiting of pregnancy, alcohol and substance abuse, and depression during pregnancy and breastfeeding)

www.health.state.mn.us/divs/fh/wic (Spanish, Somali)

www.lalecheleague.org (Hotline: 877-4-LALECHE in English, Spanish; website information in Chinese, Japanese, Italian, Russian, Spanish)

For more breastfeeding support and resources:

Esther Gillett, Breastfeeding Coordinator

Franklin County WIC Program

Phone: 614.645.7090