

BREASTFEEDING HELPLIST

AGENCIES

Ohio Statewide Breastfeeding Hotline

1-888-588-3423

- Phone consults 24 hours a day
- Text "BFHOTLINE" to 839863

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 in-clinic help
- Breast pump assistance
- Message line for breastfeeding questions/concerns
- Virtual breastfeeding classes

Doctor's West Hospital Lactation Department

614-544-2111

- Phone consults
- Virtual breastfeeding classes (\$25 fee)
- Inpatient lactation support

Dublin Methodist Hospital

614-544-8488 / go to www.ohiohealth.com type in "classes" to register

- Phone consults
- E-classes/ Webinars
- In-person consult Mon-Fri (appointment only)

Grant Hospital Lactation Department

614-566-9008

- Phone consults
- Pump rental

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

614-234-MILK (6455)

- Phone & virtual help
- 9a-4p Mon-Fri
- Outpatient services
- Pump rentals/purchase (through gift shop)

Nationwide Children's Hospital Lactation Department

614-722-5228

- Central Scheduling **614-722-6200**
-need both mom and baby's date of birth for the referral

OSU Hospital Lactation Department

614-293-8910 (helpline number)

To register for classes, call or email:

614-293-5123 / kori.senner@osumc.edu

- Phone and virtual services
- Online and in person classes (cost based on class type)
- Outpatient \$59 fee / covered by Medicaid
- Telehealth (no fee)

Riverside Hospital Breastfeeding Helpline

614-566-3434

3535 Olentangy River Rd

- Phone consults 9a-5p
- Outpatient (apt only) covered by insurance
- Pump rental/ Symphonies only
- Pump and pump parts for sale
- Bra fittings (free unless don't buy a bra/\$15)
- Baby weigh station / by apt only
- Telehealth appts/ covered by insurance

Mother's Milk Bank

614-566-0630

- Donor milk available with doctor's prescription for outpatient
- Breast milk donations accepted from screened mothers

La Leche League of Greater Columbus

Visit www.lllohio.org for information.

Virtual Facebook meetings/ 24 hour phone help:

Franklin County

- LLL Central Ohio Facebook Page
- 3rd Wednesday of the month @ 7pm

Gahanna

- LLL Gahanna Facebook page
- 1st Wednesday of the month @ 7pm

Hilliard

- LLL of Hilliard/UA Facebook page
- 2nd Wednesday of the month @ 10 am
- 4th Tuesday of the month @ 7 pm

Clintonville

- Call a leader for support

BREASTFEEDING HELPLIST - *continued*

ONLINE

Breastfeeding & Parenting Resources:

- kellymom.com
- lilii.org

Resources for African American mothers:

- Black Lactation Circle (BLaC)- Central Ohio
- mochamanual.com/bb360
- blackwomendobreastfeed.org

LGBTQ+ Resources:

- www.usbreastfeeding.org/p/cm/ld/fid=838

Breastfeeding information in other languages:

- medlineplus.gov/languages/breastfeeding.html

Breastfeeding informational videos:

- bfmedneo.com
- newborns.stanford.edu/Breastfeeding
- globalhealthmedia.org/topic/breastfeeding/

Breastfeeding issues:

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

Working and breastfeeding:

- workandpump.com
- <https://www.womenshealth.gov/breastfeeding/breastfeeding-home-work-and-public/breastfeeding-and-going-back-work>

Medication safety for pregnant and breastfeeding moms:

- infantrisk.com
- LactMed at www.ncbi.nlm.nih.gov/books/NBK501922/

APPS

Coffective

LatchMe

Hales Medication and Mothers Milk (medication information)

Pump Log

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

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