

BREASTFEEDING HELPLIST

AGENCIES

Appalachian Breastfeeding Network

After Hours Helpline

1-888-588-3423

- Phone consults 24 hours a day

Doctor's West Hospital Lactation Department

614-544-2111

- Phone consults
- Pump rental

Dublin Methodist Hospital

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

- Phone consults

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
- Hand pumps
- Message line for breastfeeding questions/concerns
- Electric pumps for work/school

Grant Hospital Lactation Department

614-566-9008

- Phone consults
- Pump rental

La Leche League of Greater Columbus

Visit www.lllohio.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 & virtual help
- Pump rentals/purchase (through gift shop)

Nationwide Children's Hospital Lactation Department

614-722-5228

- Outpatient services if unable to help by phone (need physician referral 614-722-6200)

OSU Hospital Lactation Department

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

- Phone and virtual services
- Online classes (at cost)

Riverside Hospital Breastfeeding Helpline

614-566-3434

- Phone consults
- Outpatient services if unable to help via phone
- Pump rental, 3535 Olentangy River Rd

FACEBOOK

Local:

- Central Ohio Breastfeeding Coalition
- Black Lactation Circle (BLaC)- Central Ohio
- LLLCentralOH

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

WEB SITES

Breastfeeding & Parenting Resources:

- kellymom.com
- breastfeedingmamatalk.com
- lilii.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/itsonlynatural

Working and breastfeeding:

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

APPS

Coffective

Breastfeeding Solutions

LatchMe

Lamaze International: Pregnancy to Parenting

Lactmed (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.