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<td><strong>Breastfeeding Helplist</strong></td>
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</table>
| Franklin County WIC Programs: Columbus Public Health Nationwide Children’s Hospital | **At WIC Clinic:**  
- Phone and clinic consults  
- Breastfeeding classes  
- Hand pumps | Call your WIC clinic and ask for your Breastfeeding counselor 645-7065 |
| Nationwide Children’s Hospital Lactation Department | Services for hospitalized infants at Nationwide Children’s Hospital  
Outpatient consults with physician referral | 722-5228 |
| Doctor’s West Hospital Lactation Department |  
- Phone consults  
- Outpatient services  
- Breastfeeding classes  
- Limited pump rental | 544-2111 |
| OSU Hospital Lactation Department |  
- Phone consults  
- Breastfeeding classes | 293-8910  
293-5123 to register |
| Riverside Hospital Lactation Helpline |  
- Phone/outpatient services  
- Sliding fee scale, no Medicaid  
- Support group  
- Breastfeeding supplies, classes | 566-3434 |
| Grant Hospital Lactation Department |  
- Phone consults  
- Outpatient services  
- Breastfeeding supplies for purchase  
- Pump rentals/purchase  
- Free baby weight checks  
- Breastfeeding classes/support groups | 566-9008 |
| Dublin Methodist Hospital |  
- Phone consults  
- Breastfeeding classes | 544-8002  
443-2584 |
| Mother’s Milk Bank |  
- Donor milk available with doctor’s prescription  
- Breastmilk donations accepted from screened mothers | 544-0813 |
| La Leche League of Greater Columbus | Monthly meetings and 24 hour phone help | 470-1555 |
| Mount Carmel Helpline for: Mt Carmel East Mt Carmel West St Ann’s |  
- Support group  
- Phone, outpatient services  
- Pump rentals/purchase  
- Breastfeeding supplies  
- Bra fittings/sales  
- Breastfeeding classes | 234-MILK |
### 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 Behmann
- **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 Zedrich

### Websites

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<thead>
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<tr>
<td><a href="http://www.breastfeeding.com">www.breastfeeding.com</a></td>
<td><a href="http://www.promom.org">www.promom.org</a></td>
</tr>
<tr>
<td><a href="http://www.breastfeedingonline.com">www.breastfeedingonline.com</a></td>
<td><a href="http://www.4women.gov">www.4women.gov</a> (Helpline in English, Spanish 1-800-994-9662)</td>
</tr>
<tr>
<td><a href="http://www.kellymom.com">www.kellymom.com</a></td>
<td><a href="http://www.BFAR.org">www.BFAR.org</a> (breastfeeding after reduction surgery)</td>
</tr>
<tr>
<td><a href="http://www.lowmilksupply.org">www.lowmilksupply.org</a></td>
<td><a href="http://www.health.state.mn.us/divs/fh/wic">www.health.state.mn.us/divs/fh/wic</a> (Spanish, Somali)</td>
</tr>
<tr>
<td><a href="http://www.lalecheleague.org">www.lalecheleague.org</a> (Hotline: 877-4-LALECHE in English, Spanish) (website information in Chinese, Japanese, Italian, Russian, Spanish)</td>
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**Franklin County Women, Infants and Children Program**

This institution is an equal opportunity provider. Updated 3/9/11

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**For more breastfeeding support and resources: Esther Gillett, Breastfeeding Coordinator Franklin County WIC Program Phone: 614.645.7090**