

Breastfeeding *Helplist*



| Agency | Services | Telephone | |
|---|--|--|---|
| Franklin County WIC Programs: Columbus Public Health Nationwide Children's Hospital | At WIC Clinic: <ul style="list-style-type: none"> • Phone and clinic consults • Breastfeeding classes • Hand pumps | Breastfeeding Helpline: <ul style="list-style-type: none"> • Message line for breastfeeding questions/concerns • Electric pumps for work/school | 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 Outpatient consults with physician referral | 722-5228 | |
| Doctor's West Hospital Lactation Department | <ul style="list-style-type: none"> • Phone consults • Outpatient services | <ul style="list-style-type: none"> • Breastfeeding classes • Limited pump rental | 544-2111 |
| OSU Hospital Lactation Department | <ul style="list-style-type: none"> • Phone consults • Breastfeeding classes | | 293-8910 293-5123 to register |
| Riverside Hospital Lactation Helpline | <ul style="list-style-type: none"> • Phone/outpatient services • Sliding fee scale, no Medicaid | <ul style="list-style-type: none"> • Support group • Breastfeeding supplies, classes | 566-3434 |
| Grant Hospital Lactation Department | <ul style="list-style-type: none"> • Phone consults • outpatient services • Breastfeeding supplies for purchase | <ul style="list-style-type: none"> • Pump rentals/purchase • Free baby weight checks • Breastfeeding classes/support groups | 566-9008 |
| Dublin Methodist Hospital | <ul style="list-style-type: none"> • Phone consults | <ul style="list-style-type: none"> • Breastfeeding classes | 544-8002 443-2584 |
| Mother's Milk Bank | <ul style="list-style-type: none"> • 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 | <ul style="list-style-type: none"> • Support group • Phone, outpatient services • Pump rentals/purchase | <ul style="list-style-type: none"> • 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 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

Websites

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.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.lowmilksupply.org

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

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



Franklin County
**Women, Infants and
Children Program**

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

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