

## Hospitals

\*\*\*Check with your health insurance plan about coverage for a visit with a lactation consultant before scheduling, as it may not be covered.

### Buffalo Hospital

(763)684-7640

### Cambridge Medical Center

(763)688-8700 or 1-800-252-4133

### CentraCare Health – Melrose

(320)256-4231, ext. 24418

### CentraCare Health – Monticello

(763)271-2218

### CentraCare Health- Paynesville

(320)243-7933 –ask for Lactation Resource Nurse

### CentraCare Health- Sauk Centre

(320)352-2221

### Fairview Northland Medical Center- Princeton

(612)868-0823

### Maple Grove Hospital

(763)581-2021

### Mercy Hospital-Coon Rapids

(763)236-7430--Breastfeeding “warm line”

### Methodist Hospital-St. Louis Park

Breastfeeding Center (Inside Health & Care store) (952)993-5124

### St. Cloud Hospital

Breastfeeding Resource Center  
(320)251-2700 ext 52311

### Abby Boelter, LPN, IBCLC\*

CentraCare Clinic - Health Plaza  
(320)654-3610

\*If not a CentraCare patient, can meet with one of the providers prior to meeting with Abby for a new patient consult.



## Breastfeeding Classes

### Allina

Breastfeeding and Lactation Basics—\$35--register at: [www.allinahealth.org/events](http://www.allinahealth.org/events) or call 1-866-904-9962

### CentraCare

Bravo Baby: Successful Breastfeeding classes—\$10--register at: [www.centracare.com/events](http://www.centracare.com/events) search for *breastfeeding*.

### ECFE (only offered during school year) **no cost**

Big Lake—(763)262-3233  
Elk River—(763)241-3524

### Fairview

Beyond the Basics of Breastfeeding—register at: [www.fairview.org/Classes/index.htm](http://www.fairview.org/Classes/index.htm) or call 1-800-824-1953

### Maple Grove Hospital

Breastfeeding Class—\$30--register at: [www.maplegrovehospital.org/classes](http://www.maplegrovehospital.org/classes)

### Park Nicollet/Health Partners

Breastfeeding--\$40—register at: <http://ammaparentingcenter.com/classes/#breastfeeding> or call 952-926-BABY

## Public Health

Public Health offers home visiting programs for prenatal and postpartum families. Eligibility for home visits may vary by county. In the comfort of your own home, you can get breastfeeding support from lactation specialists. Calls for breastfeeding questions are also welcomed.

### Anoka County Public Health

(763)422-6970

### Benton County Public Health

(320)968-5087

### Mille Lacs County Public Health

(320)983-8208 or 1-888-270-8208

### Sherburne County Public Health

(763)765-4000 or 1-800-433-5239



### Stearns County Public Health

(320)203-6942 or 1-800-450-3663

### Wright County Public Health

(763)682-7400

## WIC

The Women, Infants and Children program (WIC) offers breastfeeding education and support. Various breast pumps may be available to WIC participants.

### Anoka County WIC

(763)422-7055

### Benton County WIC

(320)968-5156

### Mille Lacs County WIC

(320)983-8208 or 1-800-983-8385

### Mille Lacs Reservation Public Health

(320)532-7821

### Sherburne County WIC

(763)765-4116 or 1-800-433-5239

### Stearns County WIC

(320)203-6942 or 1-800-450-3663

### Wright County WIC

(320)963-6500



## La Leche League

All La Leche League groups have monthly meetings. Call the contact(s) listed for more information or for help with breastfeeding.

### Anoka County

Angie----(612) 308-5408

Joanna---(651)303-7250

### NE Minneapolis and Suburbs

Liz -----(612)588-7850

Zeynep--(612)789-0592

## St Cloud

Cali -----(320)281-9095  
Jackie --(320)200-9475  
Kay -----(320)252-8467

## Breastfeeding Groups

Nursing Mothers Supporting Each Other  
Big Lake, MN 55309  
Call (763)262-3233 to register



### Baby Cafés

Free, drop-in center for pregnant & breastfeeding moms for information and support.

- **Mercy--Mother Baby Center**  
4050 Coon Rapids Blvd, Coon Rapids  
763-236-7430  
Mondays, 10am-12pm.
- **Buffalo Hospital**  
Wright County Heritage Center  
2001 Hwy 25 N  
Buffalo, MN 55313  
Wednesdays, 10 am -12 pm

## Telephone Resources

Minnesota Breastfeeding Sources  
1-877-214-BABY (2229) (toll-free)

### Breastfeeding Helpline

National Women's Health Information Center:  
M-F, 9am-6pm EST (English and Spanish)  
1-800-994-9662 (toll-free)  
1-888-220-5446 (TDD, toll-free)

### Infant Risk Center

Up-to-date evidence-based information on use of medications during pregnancy and breastfeeding.  
Monday-Friday, 8am-5pm (806)-352-2519

## Apps

Text4Baby **Cost:** Free  
LactMed **Cost:** Free  
Breastfeeding Solutions **Cost:** \$6.99  
Collective **Cost:** Free

MommyMeds **Cost:** Free  
CentraCare Baby **Cost:** Free

## Internet Resources

- [womenshealth.gov/breastfeeding](http://womenshealth.gov/breastfeeding)
- [breastfeedingonline.com](http://breastfeedingonline.com)
- [kellymom.com](http://kellymom.com)
- [livi.org](http://livi.org)
- [lowmilksupply.org](http://lowmilksupply.org)
- [babycenter.com/breastfeeding](http://babycenter.com/breastfeeding)
- [bfmedneo.com/our-services/breast-massage](http://bfmedneo.com/our-services/breast-massage)
- [newborns.stanford.edu/Breastfeeding/MaxProduction.html](http://newborns.stanford.edu/Breastfeeding/MaxProduction.html)
- [lactationtraining.com/resources/handouts-parents/handouts-lactation](http://lactationtraining.com/resources/handouts-parents/handouts-lactation)



## Breastfeeding Supplies/Pumps

**Ameda ParentCare** 1-866-99-AMEDA  
[ameda.com/breastfeeding-products/where-to-buy](http://ameda.com/breastfeeding-products/where-to-buy)

**Kay's Breast Pumps** (320)252-8467  
Hospital grade pumps to rent, and parts and supplies to purchase.

**Hygeia Breast Pumps** 1-888-786-7466  
[hygeiainc.com/store-locator](http://hygeiainc.com/store-locator)

**Medela Pumps** 1-800-435-8316  
[medelabreastfeedingus.com/bnnsearch](http://medelabreastfeedingus.com/bnnsearch)

**Spectra Pumps** 1-855-446-6622  
<http://spectrainc.us/rancellookup.com/>

\*\*Medical Assistance will usually cover double-electric pumps with a doctor's order, when mother and baby will be separated.

\*\*Check with your medical plan for coverage at pump providers as your insurance may be accepted at certain locations only.

# A Breastfeeding Resource List

from the



*Breastfeeding provides perfect nutrition for infants and has documented benefits for both mother and child. The mission of the Central Minnesota Breastfeeding Coalition is to promote, support and protect breastfeeding through education, outreach and collaboration within our community.*

[www.centralmnbreastfeedingcoalition.org](http://www.centralmnbreastfeedingcoalition.org)

