

# SHERBURNE COUNTY

## Breastfeeding Resource List

Download at:

<https://www.co.sherburne.mn.us/393/Breastfeeding>



### Public Health

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

Monday-Friday 8 am - 4:30 pm  
(763) 765-4000  
1-800-433-5239

### WIC

The Women, Infants and Children program (WIC) offers breastfeeding education and support.

Monday-Friday 8 am - 4:30 pm  
(763) 765-4116  
1-800-433-5239 (toll free)

### Minnesota Milk Bank for Babies

Mothers who are breastfeeding often have extra breast milk. A milk bank is a facility which processes human donor milk for distribution to infants who need breast milk. For more information and locations click on the title above or search it.



## 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) 684-7630

**CentraCare Health- Monticello**  
(763) 271-2218

**Fairview Northland Medical Center**  
855-FAIRVIEW

**Maple Grove Hospital**  
(763) 581-2021

**Mercy Hospital- Coon Rapids**  
(763) 236-7430

**St. Cloud**  
**Breastfeeding Resource Center**  
(320) 251-2700 ext 52311

## Breastfeeding Supplies/Pumps

- Ask your prenatal provider for a prescription (as early as 28 weeks). A prescription will be written for a pump either during your pregnancy or after your baby is born (while you are in the hospital).
- Call the health insurance Customer Service number on the back of your health insurance card to find out which medical suppliers are in-network.
- Take your prescription to your in network supply store.



**SHERBURNE**  
Health & Human Services

## Breastfeeding Support

- **Mommy & Me Breastfeeding Support Group**  
Free drop-in breastfeeding support group where mothers support one another, ask questions or voice concerns.  
Maple Grove Hospital- Medical Office Building,  
LL Conference Room (763) 581-2021  
Tuesdays 10:30 am - 12 pm
- **La Leche League**  
La Leche League groups provide mother-to-mother support, encouragement, and education to pregnant and breastfeeding mothers.
- **Baby Cafes**  
Free, drop-in center for pregnant & breastfeeding moms for information and support.
  - Buffalo Baby Cafe- Wright County Historical Society (763) 684-7630  
Wednesdays 10 am - 12 pm
  - Mercy Hospital- Mother Baby Center (763) 236-7430  
Mondays 12 - 2 pm
  - For other locations:  
[www.babycafeUSA.org](http://www.babycafeUSA.org)
- **The Birth Community**  
The Birth Community serves pregnant women and their families in St. Cloud and surrounding areas by providing a platform for support, education, and resources.  
[www.thebirthcommunity.com](http://www.thebirthcommunity.com)

## Breastfeeding Classes

- Check with your local hospital.
- **Online Breastfeeding Class: Ready, Set, Breastfeed!**

## Telephone Resources

- **Breastfeeding Helpline**  
National Women's Health Information Center:  
M-F, 8 am - 5 pm (English and Spanish)  
1-800-994-9662 (toll-free)  
1-888-220-5446 (TDD, toll-free)
- **Infant Risk Center**  
Experts available to answer questions about medications while breastfeeding.  
M-F, 8 am - 5 pm  
1-806-352-2519

## Free Apps

- **CentraCare Baby**- find tips related to pregnancy, birth, breastfeeding and parenting.
- **Coffective**- checklists, resources and support for mom's to get the help they need to get off to a great start.
- **LactMed**- information on how drugs or dietary supplements can affect breastfeeding.
- **Text 4Baby**- Free text messages to keep you and your baby healthy.

## Internet Resources

Click on or search for the following resources:

- Your Guide to Breastfeeding- Women's Health
- La Leche League
- MN Breastfeeding Coalition
- Breastfeeding MN Department of Health
- Medicine of NE Ohio (breast massage, hand-expression, latch)
- KellyMom
- Lactation Education Resources Parent Handouts
- BabyCenter Breastfeeding
- Stanford Maximizing Milk Production
- Legal Protections for Nursing Mothers in Minnesota

