

## Online Resources

[www.breastfeedingmadesimple.com](http://www.breastfeedingmadesimple.com)

[www.lalecheleague.org](http://www.lalecheleague.org) or [www.llli.org](http://www.llli.org)

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

[www.normalfed.com](http://www.normalfed.com)

[www.womenshealth.gov/breastfeeding/](http://www.womenshealth.gov/breastfeeding/)

[www.workandpump.com](http://www.workandpump.com)

## Breastfeeding Supplies & Pumps

### Ameda Pumps

1-866-99-AMEDA

[www.ameda.com](http://www.ameda.com)

### Fairview Home Medical Equipment

651-632-9800

### Grace Medical Supplies

651-430-8184

1-866-514-7223

[smattox@gracemedicalsupplies.com](mailto:smattox@gracemedicalsupplies.com)

### Medela Pumps

1-877-735-1626

[www.medelabreastfeedingus.com](http://www.medelabreastfeedingus.com)

### Milk Moms

763-413-0129

1-866-MILKMOM

[www.milkmoms.com](http://www.milkmoms.com)

### Superior Medical Services

651-735-9192

[www.superiormedicalservices.com](http://www.superiormedicalservices.com)

## Washington County Breastfeeding Coalition

Current members include:

- Allina Clinic—Woodbury
- Children's Hospitals & Clinics of Minnesota
- Comprehensive Healthcare for Women
- Fairview Lakes Medical Center
- Lakeview Health
- La Leche League of South Washington County
- Stillwater Medical Group
- Washington County Department of Public Health and Environment
- Women, Infants, and Children (WIC)
- Woodwinds Health Campus

For more information about the coalition:  
651-982-7864 or [shumphr2@fairview.org](mailto:shumphr2@fairview.org).

### Our Goals :

1. Increase initiation and duration rates in Washington County.
2. Advance breastfeeding knowledge and the skill base of health care professionals in the county.
3. Provide families with access to accurate information, community support and the resources to successfully breastfeed.
4. Link healthcare professionals, breastfeeding families, and the community with up-to-date referral and educational materials.

**Living Healthy**  
IN WASHINGTON COUNTY

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

Duplicate as needed. 12/27/11  
Go to [www.livinghealthywc.org/Breastfeeding.html](http://www.livinghealthywc.org/Breastfeeding.html)  
for an electronic copy.

## Washington County Breastfeeding Resource List



from the  
*Washington County  
Breastfeeding Coalition*

whose mission is to promote, support and protect breastfeeding through education, outreach, and collaboration within our community.

*We envision a community where breastfeeding is the norm and where families are supported and empowered to achieve their breastfeeding goals.*

# Hospitals

## Fairview Lakes Medical Center

Birthplace Lactation Service  
5200 Fairview Blvd  
Wyoming, MN 55092  
651-982-7864

- IBCLC\* Lactation Consultant staff
- Inpatient support
- Outpatient appointments
- Telephone consultation
- Monthly prenatal breastfeeding classes  
Register online at [www.fairview.org/classes](http://www.fairview.org/classes) or call 612-672-7272
- Call for help locating rental pumps. Medela retail pumps available in the pharmacy.

## HealthEast Lactation Clinic

Woodwinds, St. Joseph's, and St. John's Hospitals  
651-232-3147

- IBCLC\* Lactation Consultant staff
- Inpatient support
- Outpatient appointments
- Telephone consultation
- Breastfeeding classes Monday-Saturday (Woodwinds only)
- *Breastfeeding Basics* class (prenatal) offered  
Register online at [www.healtheast.org](http://www.healtheast.org) or call 651-326-2273
- Some retail Medela items available

## Lakeview Hospital

927 Churchill Street West  
Stillwater, MN 55082  
651-439-5330

- Lactation Specialist and Counselors
- Inpatient support
- Outpatient appointments
- Prenatal Breastfeeding Class (offered 6x/year)  
Register online or by calling 651-430-4510  
<http://www.lakeview.org/childbirthprepclasses.aspx>
- Homecare visits for first time mothers
- Ameda pumps for sale

# Public Health

## Washington County Department of Public Health & Environment

14949 62<sup>nd</sup> St. N  
Stillwater, MN 55082  
651-430-6655

## Women, Infants, and Children Nutrition Program (WIC)

Clinics in: Stillwater, Cottage Grove & Forest Lake  
Provide breastfeeding support and education  
651-430-6658

## Family Health Home Visiting

Public Health Nurse home visits available for Washington County residents to provide postpartum and breastfeeding support & education.  
651-430-6655

[http://www.co.washington.mn.us/info\\_for\\_residents/public\\_health/family\\_health/breastfeeding/](http://www.co.washington.mn.us/info_for_residents/public_health/family_health/breastfeeding/)

# La Leche League

*La Leche League is an international, nonprofit, nonsectarian organization offering information, education, and support to mothers who want to breastfeed their babies. Local groups offer phone help and monthly meetings.*

Find free **local monthly meetings** (in Washington County and elsewhere), **local breastfeeding support and information**, and access to **phone help** by visiting:

[www.la lecheleague.org](http://www.la lecheleague.org) or [www.llli.org](http://www.llli.org)

and use the “*Find local support*” drop-down menu or click on the “*Resources*” tab.

# Additional Resources

## Methodist Hospital

The Breastfeeding Support Center @ Park Nicollet  
952-993-5124

## Regions Hospital

Lactation Support Center  
651-254-2380

## United Hospital

The Breastfeeding Resource Center (Birth Center)  
651-241-6250

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## HealthEast Maplewood Pediatric Clinic

651-232-7800—weekdays only

## Minnesota Breastfeeding Sources

1-877-214-BABY (2229)—toll free

## National Breastfeeding Help Line

Trained breastfeeding peer counselors can help answer common breastfeeding questions by phone.  
Monday—Friday: Spanish/English  
1-800-994-9662—toll free  
1-888-220-5446—toll free (TTY)

## Private Practice Lactation Consultant

Chris Clark, IBCLC\*  
651-644-4196  
[mcw.clark@gmail.com](mailto:mcw.clark@gmail.com)

\* IBCLC - International Board Certified Lactation Consultant