

## Miscellaneous Resources

### Multilingual Resources

<https://www.lli.org>

[www.health.state.mn.us/wic](http://www.health.state.mn.us/wic)

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

### Health Resources

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

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

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

[www.toxnet.nlm.nih.gov/newtoxnet/lactmed.htm](http://www.toxnet.nlm.nih.gov/newtoxnet/lactmed.htm)

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

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

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

### Donate or Purchase Breast Milk

#### Hudson Hospital Breast Milk Depot

715-531-6572

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

#### Minnesota Milk Bank

763-546-8051

<https://www.mnmilkbank.org>

#### North Memorial Medical Center Breast Milk Depot

763-581-8340

[www.northmemorial.com/milkdepot](http://www.northmemorial.com/milkdepot)

There are legal protections for nursing mothers. State and federal laws protect breastfeeding in the workplace and public spaces; such as parks, libraries, restaurants and stores.

<https://www.publichealthlawcenter.org/topics/healthy-eating/breastfeeding/resources>

## Supplies & Pumps

*Call your insurance provider for more information about coverage and preferred suppliers for breastfeeding supplies and equipment. A lactation specialist can help you decide what the right pump is for you and your baby.*

#### Allina Health Home Oxygen and Medical Equipment

651-628-4800

<https://www.allinahealth.org/medical-services/home-oxygen-and-medical-equipment>

#### Fairview Home Medical Equipment

Woodwinds Health Campus, Woodbury, MN

651-632-9800

<https://www.fairview.org/services/home-medical-equipment>

#### Grace Medical Supply

Lake Elmo, MN

Local: 651-430-8184

Toll free: 1-866-514-7223

<http://gracemedicalsupplies.com>

#### Superior Medical Services

Woodbury, MN

651-735-9192

<http://www.superiormedicalservices.com>

#### Milk Moms

1-866-MILKMOM

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

**Washington County  
Breastfeeding Coalition**

<http://livinghealthywc.org/breastfeeding-support>

Permission to duplicate as needed

Living**Healthy**

Washington  
County

**ship**  
statewide health  
improvement partnership

01/2020

## Washington County

### Breastfeeding Resource List



### Washington County Breastfeeding Coalition

*Promote, support and protect breastfeeding through education, outreach, and collaboration within our community.*

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

## Hospitals

### M Health Fairview Lakes

**The Birthplace**, Wyoming, MN

Birthplace Unit: 651-982-7910

Lactation Services: 651-982-7864

- IBCLC\* & lactation specialists available for telephone consultation, in-hospital support and by appointment.
- In-home lactation care through Fairview Home Care Services.
- Breastfeeding class: 612-672-7272 to register.
- Medela supplies available in pharmacy: 651-982-7500

### M Health Fairview Woodwinds

**Birth and Newborn Center**, Woodbury, MN

Out-patient Lactation: 651-232-3147

- IBCLC & lactation specialists available for telephone consultation, in-hospital support and by appointment.
- Medela supplies available.
- New Parent Connections Support Group

### Lakeview Hospital

**Birth Center**, Stillwater, MN

651-439-5330



- Breastfeeding support group and counseling open weekly. For more information, please call 651-430-4510 or visit:  
<https://www.lakeviewhealth.org/babycafe>
- Lactation specialists and counselors available for telephone consultation, in hospital support and by appointment.
- Breastfeeding Class: 651-430-4510 to register
- \*International Board Certified Lactation Consultant

**You may be able to get help with breastfeeding at no cost. Check with your insurance.**

[www.healthcare.gov/coverage](http://www.healthcare.gov/coverage)

## Public Health

### Washington County Department of Public Health and Environment

Staff is available to provide assistance to organizations interested in promotion and support of breastfeeding friendly practices. 651-430-6655

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

Provides breastfeeding support and counseling, education and referrals. IBCLC & lactation specialists on staff. Monthly breastfeeding classes offered in: Stillwater, Cottage Grove & Forest Lake Clinics. 651-430-6658

### Family Health Home Visiting

Public Health Nurses provide home visits during pregnancy or after the baby is born to assist families in reaching their breastfeeding goals. IBCLC on staff. 651-430-6655



## La Leche League



**Information, education and breastfeeding support:** [www.llli.org](http://www.llli.org)

Local groups offer phone help and monthly meetings.

**Referral Line: 612-922-4996**

**La Leche League: South Washington County**  
[www.lllofmndas.org/south-washington-county.html](http://www.lllofmndas.org/south-washington-county.html)

## Additional Resources

### M Health Fairview Care Connection

Call with questions or to schedule an appointment. 651-326-CARE (2273)

### Minnesota Breastfeeding Information Line

Connect to breastfeeding resources 24 hours a day, 7 days a week.

Toll free: 1-877-214-BABY (2229)

### National Breastfeeding Help Line

Trained breastfeeding peer counselors can help answer common breastfeeding questions by phone.

Monday—Friday: 8am-5pm: Spanish/ English

1-800-994-9662

1-888-220-5446 TDD

### The Mother Baby Centers of Allina Health & Children's Minnesota

Resource Centers and Breastfeeding Support Groups offered at several locations.

### United Hospital

St. Paul, MN

651-241-6290

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

### Regions Hospital Lactation Support Center

St. Paul, MN

651-254-2380

<https://www.healthpartners.com/hp/doctors-clinics/specialties/pediatrics/breastfeeding-center/index.html>

### Pregnancy and Postpartum Mental Health Support

612-787-7776

<http://www.ppsupportmn.org>

### Find a board certified lactation consultant

near you: [www.ilca.org/home](http://www.ilca.org/home)