

Hospitals

United Hospital

Breastfeeding Resource Center
345 North Smith Avenue
Saint Paul, MN 55102
651-241-6250

Staff of 5 lactation consultants who teach breastfeeding both inpatient & outpatient.

Specialty Shop

651-241-5504

Offers parenting & breastfeeding items. Staffed with a lactation consultant who may help with breastfeeding concerns or bra-fittings. Breast pumps available. Hours: 1-2 pm Monday-Saturday & by appointment.

St. Joseph's & St. John's Hospital HealthEast Outpatient Lactation Clinic

St. Joseph's Hospital
Maternal/OB Department
69 West Exchange Street
St. Paul, MN 55102
651-232-3147

Staff of 4 lactation consultants who offer a breastfeeding class daily at 10 am. Outpatient breastfeeding support is provided by telephone or by appointment.

Regions Hospital

The Lactation Support Center
640 Jackson Street
St. Paul, MN 55101
651-254-2380

Lactation consultants on staff to listen to concerns, answer questions, provide education & recommend breastfeeding techniques. Classes on infant nutrition, breastfeeding basics & education are available (English & Spanish).

Group Education

Open Cities North End Health Clinic

Free breastfeeding classes open to all, contact: Amy Buck
651-251-5938.

La Leche League

Monthly meetings cover series of four breastfeeding topics: contacts as listed.

Public Health

Home-visiting program for prenatal & postpartum families receiving medical assistance. Telephone calls welcomed for lactation support.

Saint Paul Ramsey County Department of Public Health

Capitol View Center
70 County Road B-2 West
Little Canada, MN 55117
Marusia Kachkowski BSN, PHN, IBCLC
651-765-7726

WIC

Women, Infants and Children (WIC) offers breastfeeding education & support. Double non-electric breast pumps available for loan. Lactation Consultant on staff and Peer breastfeeding counselors available.

St. Paul

Juenemann Building
555 Cedar Ave
St Paul, MN 55101
Colleen Huberty, MPH, RD, IBCLC
651-266-1317

La Leche League

La Leche League (LLL) is an international, nonprofit, nonsectarian organization offering information, education & support to mothers who want to breastfeed their babies. Local leaders offer phone help & hold monthly meetings. Call for meeting locations & times.

Roseville.....Jenni 651-488-2583

St. Paul Como-Midway...

Jeanne...651-644-0302

St. Paul Metro...Barb.....651-645-8516

Family Center Community Doula Program

The Doula Program provides doula support & birth preparation to expectant mothers in Ramsey County. Doulas provide education on healthy pregnancy, labor & birth; provide emotional and physical support during labor; & provide breastfeeding support & education. A doula assists a mother to make birth a more comfortable & empowered experience.

American Indian Family Center

579 Wells Street
St. Paul, MN 55101
Nicloe Wocelka, Coordinator-Doula Program
651-793-3803

Telephone Resources

WIC Breastfeeding Support Line

651-266-1317

(messages can be left in Spanish, Somali & Hmong)

Minnesota Breastfeeding Sources

1-877-214-BABY (2229) (toll free)

Breastfeeding Helpline

National Women's Health Information Center
Monday-Friday 9 am-6 pm EST

(English & Spanish)

1-800-944-9662 (toll free)

1-888-220-5546 (TDD, toll free)

HealthPartners Breastfeeding & Parent Support Center

651-641-3111

Lactation 651-641-0992

LLL Leader Referral Recording

612-922-4996

Internet Resources

www.4woman.gov/breastfeeding
www.askdrsears.com
www.breastfeedingonline.com
www.kellymom.com
www.lalecheleague.org
www.lamaze.com
www.promom.org/101

Places to Get Breastfeeding Supplies & Pumps

Ameda Pumps 1-877-992-6332

Medela Pumps 1-800-TELL-YOU (835-5968)

Medical Equipment Providers:

Allina Medical 651-628-4800/Fax 651-628-4715

Apria 952-404-1600/Fax 952-404-5493

Midwest Medical 763-780-0100/Fax 763-780-0420

Handi-Medical 651-644-9770/Fax 651-644-0602

Superior Medical 651-735-9192/Fax 651-7350011

*Medical Assistance will cover double-electric pumps with a Doctor's Order

*Check with your medical plan for coverage

*Other providers may be available that are not listed

Credentials

BSN: Bachelor of Science in Nursing

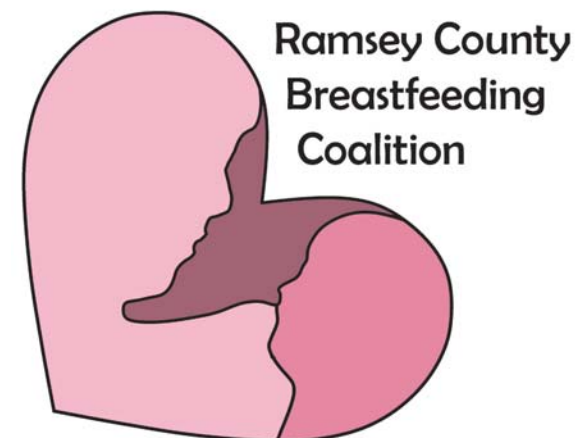
IBCLC: International Board Certified Lactation Consultant

MPH: Masters of Public Health

PHN: Public Health Nurse

RD: Registered Dietitian

A Ramsey County Breastfeeding Resource List



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

Ramsey County Breastfeeding Coalition

In conjunction with WIC, PH, FCCDP, and LLL

651-266-1317

email: ph-bfc@co.ramsey.mn.us

www.co.ramsey.mn.us/home/index/htm

Revised: 06/12/06

Brochure may be duplicated freely.