

CREATING A CIRCLE OF CARING
Lima/ Allen County BREASTFEEDING RESOURCES

Breastfeeding Classes

A good way to learn more about breastfeeding and how to get started. Support people are encouraged to attend! For times and information call:

*St Rita's Medical Center – Call (419) 226-9004

*Lima Memorial Hospital – Call (419) 998-4570

*Bluffton Hospital - Call (419) 369-2332

Breastfeeding Support

WIC --Allen County -- Education, information and support are provided by the staff and by **Peer Breastfeeding Helper, certified IBCLC's, CLC's and CLS**. Breast pumps may be available (after delivery), to eligible mothers. **Call to schedule an appointment. Open Monday – Friday 8:00 – 4:30pm.**

Phone (419) 224-8200. Weight checks and follow up, working with area lactation consultants also available.

Come join us **OPEN to the PUBIC—BREASTFEEDING CAFÉ** at the **WIC OFFICE “EVERY WEDNESDAY” from 1pm to 3 pm**, help with weight checks, latch assessment, pump instruction, pump testing, breastfeeding information and support..

Facebook group: Allen County Breastfeeding Cafe

St Rita's Medical Center - Walk in breastfeeding Support Group, Every Monday 1-4. **Free of charge.** From a front entrance, go right towards the "Apple" sculpture. Pass the "Apple" and take the left hall at the fork. Take next hall on right (looks like a doorway). Follow hall to E or F elevators. Take elevator up to 5th floor. From E elevator, turn left and go around corner and through door (will see F elevator) turn left and conference room is just ahead in corner on left. From F elevator, turn right off elevator and conference room is just ahead, in corner on the left... To schedule an individual appointment with a lactation consultant, or for other information, call 419-226-9004.

Lima Memorial Health System Walk in breastfeeding clinic every Thursday from 8a.m. to 11a.m. Located in the Family Birth Center, Suite 200. Call 419-998-4570 for more information or to schedule other appointments.

Blanchard Valley Hospital System / Bluffton Hospital - Lactation Consultants - 419-423-5518. Findlay support group – 2nd and 4th Monday of each month, 4p.m.

La Leche League – Support group for nursing moms or women interested in breastfeeding. Meetings held the second Tuesday of every month from 7:00 – 9:00 pm. At 2200 W. Elm St. Lima, Ohio 45805 St. Charles church in the basement room #6. Updates posted to Facebook group: *La Leche League Lima*.

Auglaize County Health Department/ WIC - 214 S. Wagner Ave. Wapakoneta, Ohio 45895

Phone: (419)738-3410 / Fax: (419) 738-7818. Open from Monday - Friday 8:00 AM - 4:30 PM

Ask for **Jenny, RN, CLC & Alicia, Peer Breastfeeding Helper** for education, information and support for Breastfeeding. *Facebook group: WIC Breastfeeding Peer Support*

Lactation Consultants

Debby, IBCLC, Beth Wilson IBCLC St Rita's Medical Center, Mother Baby Unit, 419-226-9004.

Shelly, RN, IBCLC Family Birth Center, Lima Memorial Hospital, 419-998-4570.

Tricia Roop, RN, IBCLC, Natalie Shenk, BS, RN, IBCLC, Lisa Holman, IBCLC, Blanchard Valley Regional Health Center (Findlay and Bluffton campuses). 419-423-5518.

Other Resources

The following are internet sites that contain good information about breastfeeding, including answers to common problems or other questions about breastfeeding. We do not endorse any products for sale at any sites. None of these are intended to replace assessment by a lactation consultant, physician, or other health professional. If you do not have personal access to the internet, don't forget to check at your local library or community center.

www.la lecheleague.org - (La Leche League) A lot of breastfeeding information

www.kellymom.com - good information on breastfeeding and parenting

www.jacknewman.com - much information about a variety of breastfeeding topics from pediatrician and lactation consultant, Jack Newman.

www.askdrsears.com - information from pediatrician Dr. Sears about many topics, including breastfeeding

www.breastfeedingonline.com - good information

www.thebump.com/t/breastfeeding - variety of breastfeeding information

www.breastmilkcounts.com - lots of good information for moms+extras

www.normalfed.com - variety of breastfeeding topics

www.lowmilksupply.org – good information about breastfeeding, supply, and tongue tied

www.babywearinginternational.org/ - instructions babywearing

www.austinbabyguru.com/paced-bottle-feeding/

www.justbreastfeeding.com/low-milk-supply/peppermint-and-other-herbs-that-can-decrease-breast-milk-supply/