

# 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 is to attend a class. Support people are encouraged to attend! For times and information call:

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

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

\*Bluffton Hospital - (419) 369-2332

\*Blanchard Valley- (Findlay) - (419) 423-5518

### *Breastfeeding Support*

**St Rita's Medical Center** - Walk in breastfeeding Support Group, Every Monday 1-4 pm the basement of 718 BLDG- classroom 3 located off Market Street. Park in garage 1st BLDG they come to. Free of charge. To schedule an individual appointment with a lactation consultant, or for other information, call 419-226-9004.

**Lima Memorial Health System** - Call 419-998-4570 to contact the lactation consultants for one on one follow up. Another way to contact a lactation consultant is to email Joan at [JMcBride@Limamemorial.org](mailto:JMcBride@Limamemorial.org) with questions.

**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-- For more information, call Debby at (419)339-9848. Updates posted to Facebook group: *La Leche League Lima*.

**WIC** --Allen County -- Education, information and support are provided by the staff and by Peer Breastfeeding Helpers. Breast pumps are given, as 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. *Facebook group: Allen County Breastfeeding Cafe*

**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 or Alicia, Peer Breastfeeding Helper for education, information and support for breastfeeding.

**Blanchard Valley (Bluffton and Findlay) Breastfeeding Support-** meets 2<sup>nd</sup> and 4<sup>th</sup> Monday of each month at 4 PM in the Beckett Conference Room, Findlay campus. Call Natalie or Tricia- 419-423-5518 for details.

### *Lactation Consultants*

**Janice, IBCLC & Debby, IBCLC**

St Rita's Medical Center, Mother Baby Unit, (419)226-9004.

**Joan McBride, RN, IBCLC, Shelly, RN, IBCLC**

Family Birth Center, Lima Memorial Hospital, (419)998-4570.

**Tricia Roop, RN, IBCLC, & Natalie Shenk, BS, RN, 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.lalecheleague.org](http://www.lalecheleague.org) - (La Leche League) A lot of breastfeeding information

[www.kellymom.com](http://www.kellymom.com) - good information on breastfeeding and parenting

[www.jacknewman.com](http://www.jacknewman.com) - much information about a variety of breastfeeding topics from pediatrician and lactation consultant, Jack Newman.

[www.askdrsears.com](http://www.askdrsears.com) - information from pediatrician Dr. Sears about many topics, including breastfeeding

[www.breastfeedingonline.com](http://www.breastfeedingonline.com) - good information

[www.breastfeeding-problems.com](http://www.breastfeeding-problems.com) - lots of good information for moms

[www.best4babes.org](http://www.best4babes.org) - lots of good information

[www.breastmilkcounts.com](http://www.breastmilkcounts.com) - lots of good information for moms+ extras

[www.breastfeeding.com](http://www.breastfeeding.com) - information, video clips, answers to common questions as well as stories from moms and cartoons about breastfeeding

[www.normalfed.com](http://www.normalfed.com) - variety of breastfeeding topics

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