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 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 2nd and 4th 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 - (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.breastfeeding-problems.com - lots of good information for moms

www.best4babes.org - lots of good information

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

www.breastfeeding.com - information, video clips, answers to common questions as well as stories from moms and cartoons about breastfeeding

www.normalfed.com - variety of breastfeeding topics

www.lowmilksupply.org

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