

Community Resources for Breastfeeding



Stanford University breastfeeding videos



- A Perfect Latch:
<http://med.stanford.edu/newborns/professional-education/breastfeeding/a-perfect-latch.html>
- Hand Expression of Breast Milk:
<http://med.stanford.edu/newborns/professional-education/breastfeeding/hand-expressing-milk.html>
- Maximizing Milk Production with Hands On Pumping:
<http://med.stanford.edu/newborns/professional-education/breastfeeding/maximizing-milk-production.html>
- Additional breastfeeding information on the Web from Stanford University:
<http://med.stanford.edu/newborns/professional-education/breastfeeding.html>

By phone



- WIC - If you are a WIC participant, contact your WIC office. If you are not a WIC participant, you can call and see if you are eligible for WIC or check the WIC website.
 - For Bloomington, Richfield and Edina: **952-563-8993**
 - Toll free number: **1-800-WIC-4030**
 - On the Web: <http://www.health.state.mn.us/divs/fh/wic/>
- Fairview Southdale, Edina - **952-924-8337**
- Lactation Services Fairview Ridges, Burnsville - **952-892-2552**
- Breastfeeding Connection Fairview at U of M - **612-273-2220**
- Lactation Center Abbott Northwestern - **612-863-4638**
- The Mother Baby Center Hennepin Co. Medical Ctr. - **612-873-8793**
- Breastfeeding Clinic Methodist Hospital - **952-428-2064**
- Breastfeeding Center St. Joseph's, St. John's and Woodwinds HealthEast Outpatient Lactation Clinic - **651-232-3147**
- St. Francis Hospital, Shakopee Breastfeeding Support Center (and Support Group) **952-428-2064**
- United and Children's Hospitals Breastfeeding Resource Center - **651-241-6250**
- North Memorial Lactation Consultation - **763-581-8340**

Classes and support groups

Check with your clinic or hospital for breastfeeding classes and support groups. See phone numbers in previous section.



Online



- Minnesota Department of Health—WIC: www.health.state.mn.us/divs/fh/wic/
- National Women's Health Information Center: www.womenshealth.gov
- WIC Program, Texas Department of Health: www.breastmilkcounts.com
- Breastfeeding and Parenting: www.kellymom.com
- La Leche League of Minnesota - Bloomington/Richfield (612-922-4996 for referrals): www.llofmndas.org/bloomingtonrichfield.html
- La Leche League: www.lalecheleague.org

If you have problems with a breast pump or need spare parts



- Even-Flo (Ameda) - **1-800-223-5921**
- Medela - **1-800-435-8316**
- For Spanish (Even-Flo and Medela) or French (Even-Flo): Stay on line and ask for Spanish or French speaker.