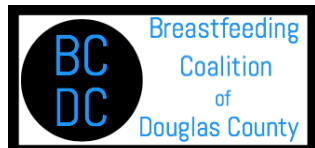


Breastfeeding Resources



Breastfeeding Coalition of Douglas County:

Connecting families with breastfeeding resources and working to improve the breastfeeding culture in Douglas County, Kansas.

Breastfeeding Education

Lawrence Memorial Hospital offers a class to facilitate a good beginning and a lasting breastfeeding experience. For more information and to enroll: Call 785-749-5800 or visit www.lmh.org.

Lawrence-Douglas County Health Department offers free breastfeeding education to new and expectant mothers participating in the WIC program. For more information call: 785-856-5350.

Pregnancy Care Center has 3 lessons on breastfeeding as part of their Earn While you Learn program, the program is open to anyone. Call 785-842-6499 for more information.

Rodrock Chiropractic Optimal Living Center & Bloom Midwifery offers a 3 hour interactive, problem-prevention breastfeeding class every month. Call 785-979-2477 for enrollment information.

Community Meetings

Breastfeeding and New Parent Support Group

- Lawrence Memorial Hospital lower-level auditorium
- Mondays 10-11:30 am
- 785-749-5800 or www.lmh.org

La Leche League of Lawrence

- 2nd Tuesday every month 7 pm
- Lawrence Memorial Hospital meeting rooms
- See La Leche League Lawrence on Facebook

Breastfeeding Counseling

Lawrence-Douglas County Health Department (WIC Participants only)

Cary Allen at 785-840-6049 or callen@ldchealth.org.

La Leche League of Lawrence

Please call or text:

Melinda Toumi 785-979-2477

Joany Richardson 913-515-9338

Darlene Koger 785-979-5532

Individual Help

Lawrence Memorial Hospital Lactation Consultants

785-505-2738 for assistance

Mother's Milk Kansas, LLC

785-748-4855, email happybabies@mmkansas.com, www.mmkansas.com

Lawrence Lactation Clinic

785-979-2477, call or text for an appointment

Breastfeeding Supplies

The Perfect Fit

Lawrence Memorial Hospital

785-505-2738

Hotlines

National Breastfeeding Helpline 1-800-994-9662

Breastfeeding Questions 1-800-514-MOMS

Medications & Mother's Milk 806-352-2519

Online Resources

www.kellymom.com

www.breastfeeding.com

www.womenshealth.gov/breastfeeding

www.breastmilkcounts.com

www.toxnet.nlm.nih.gov/help/lactmedapp.htm

www.llli.org

www.infantrisk.org

www.newborns.stanford.edu/breastfeeding/handexpression.html



Breastfeeding Coalition of Douglas County
<https://breastfeedingcoalitiondgc.wordpress.com/>