

Wright County Breastfeeding Resource List



Buffalo

Allina Health - Buffalo Hospital

Outpatient Lactation Services
Monday – Friday: typically 7 am – 3 pm but times may vary
Call (763) 684-7630 to schedule an appointment

Breastfeeding Classes

Breastfeeding and Lactation Basics
\$30, at Buffalo Hospital
Visit: <http://wellness.allinahealth.org/events> and enter keyword *breastfeeding*

Buffalo Baby Café

A free family-friendly drop-in breastfeeding support group sponsored by Buffalo Hospital and Wright County Public Health. Babies and children welcome; open to the public. Wright County Historical Society (Heritage Center)
Wednesdays: 10 am – 12 pm
(763) 684-7630

Monticello

CentraCare Health – Monticello

Outpatient Lactation Services
Available 24/7
Call (763) 271-2218 to schedule an appointment

Breastfeeding Classes

Bravo Baby: Successful Breastfeeding
\$10, at CentraCare Health - Monticello
Visit: <http://www.centracare.com/events/> and search for *breastfeeding*

Movie Night To-Go Kit

Better Breastfeeding: Your Guide to a Healthy Start by Injoy Videos (English or Spanish)
\$25, DVD rentals available for 2 weeks
CentraCare – Monticello Birth Center
(763) 271-2218

Mothering Circle – Coming soon

A free, family-centered, drop-in postpartum support group. Topics include breast and bottle feeding, baby developmental stages, infant massage and postpartum emotions. Babies & children welcome; open to the public. Stellis Health - Monticello Clinic – Conference Room
Mondays: 10 am – 12 pm
(763) 295-2921

Maple Grove

Maple Grove Hospital

Outpatient Lactation Services
Monday – Friday: 9 am – 4 pm
Sat & Sunday: 9 am – 2 pm
Call (763) 581-2021 to schedule an appointment

Breastfeeding Classes

Breastfeeding
\$30, at Maple Grove Hospital
Visit: <https://www.maplegrovehospital.org/classes> and scroll down to find 'Breastfeeding'

Mommy & Me Breastfeeding Support Group

Free drop-in breastfeeding support group where mothers support one another, ask questions or voice concerns. Maple Grove Hospital - Medical Office Building LL Conference Room
Tuesdays: 10:30 am – 12 pm
(763) 581-2021

St. Cloud

St. Cloud Hospital

Breastfeeding helpline: (320) 251-2700 x52311
Monitored 7 am – 3 pm daily including weekends and holidays; leave a message to receive a call-back.

Breastfeeding Classes

Bravo Baby: Successful Breastfeeding
\$10, at St. Cloud Hospital
Visit: <http://www.centracare.com/events/> and search for *breastfeeding*

Movie Night To-Go Kit

Better Breastfeeding: Your Guide to a Healthy Start by Injoy Videos (English or Spanish)
\$25, DVD rentals available for 2 weeks
CentraCare – St. Cloud Hospital
(763) 271-2218

The Lactation Club (TLC)

Monthly breastfeeding support group

- CentraCare Health patients only
- No dads or older siblings
- Only Infants under 12 months with up-to-date shots to protect youngest infants

CentraCare Health Plaza - Kremers Room (lower level)
Second Thursday of each month: 12:30 - 1:30 pm
(320) 654-3610 x70268

La Leche League of St. Cloud

La Leche League groups provide mother-to-mother support, encouragement, and education to pregnant and breastfeeding mothers. Group meets at Westwood Church - 5719 Walnut Dr., St. Cloud, MN 56303 on the second Thursdays at 10:15 am & fourth Mondays at 6:30 pm. La Leche League Leaders are also available by phone for individual consultation whenever you have breastfeeding questions or concerns.

- Cali: (320) 281-9095
- Jacqueline: (320) 200-9470
- Kay: (320) 252-8467

Visit: <http://www.llofmndas.org/st-cloud.html>

Waconia

Ridgeview Medical Center

Outpatient Lactation Services
Monday – Friday: 8 am – 3 pm
Call (952) 442-2191 x5262 to schedule an appointment

Breastfeeding Classes

Breastfeeding
\$40, at Two Twelve Medical Center in Chaska
Visit: <http://health.ridgeviewmedical.org/events> and enter keyword *breastfeeding*

Wright County

Wright County Community Action WIC

The Women, Infants and Children program (WIC) offers breastfeeding education and support to pregnant and breastfeeding moms who meet income guidelines. Breast pumps may be available to WIC participants. For eligibility, locations and hours, call: (320) 963-6500 or email: wic@wccaweb.com

Wright County Public Health

Public Health Nurses trained in lactation support are available to answer breastfeeding questions or provide free home visits to any Wright County resident.
Monday – Friday: 8 am – 4:30 pm
(763) 682-7468

Telephone Resources

Breastfeeding Helpline

National Women's Health Information Center provides and locates nursing mother support
Monday – Friday: 8 am – 5 pm (English and Spanish)
(800) 994-9662

Infant Risk Center

Up-to-date evidence-based information on the use of medications during pregnancy and breastfeeding
Monday – Friday: 8am – 5pm
(806) 352-2519

Apps

CentraCare Baby (free) – resource to build confidence related to pregnancy, birth, breastfeeding and adjustment to parenting

Collective (free) – a tool to help pregnant women set and reach their goals

LactMed (free) – database of drugs and dietary supplements that may affect breastfeeding

MommyMeds (\$3.99) – easy to understand information on drug safety and ingredients of medications for all pregnant and breastfeeding mothers

Breastfeeding Solutions (\$6.99) – a guide to overcoming most common breastfeeding problems

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Internet Resources

American Academy of Pediatrics

<http://www.healthychildren.org/English/ages-stages/baby/breastfeeding/Pages/default.aspx>

Center for Disease Control and Prevention

<http://www.cdc.gov/breastfeeding/>

Kelly Mom

<http://kellymom.com/>

Minnesota Breastfeeding Coalition

<https://mnbreastfeedingcoalition.org/for-families/>

MN Department of Health

<http://www.health.state.mn.us/wic/bf/>

National Institutes of Health (NIH)

<http://www.nichd.nih.gov/health/topics/breastfeeding/resources/Pages/patients-consumers.aspx>

Breastfeeding Supplies/Pumps

- Medical Assistance will usually cover double-electric pumps with a doctor's order, when mother and baby will be separated
- Check with your medical plan for coverage as your insurance may be accepted at certain locations only

Ameda ParentCare

www.ameda.com/product-locator/
(866) 99-AMEDA

Freedom Medical

www.freedommedical.com
(800) 784-8849

Hygeia Breast Pumps

www.hygeiainc.com/store-locator
(888) 786-7466

Kay's Breast Pumps

Hospital grade pumps available to rent
Parts/supplies for Ameda and Medela pumps
(320) 252-8467

Medela Pumps

www.medelabreastfeedingus.com/bnnsearch
(800) 435-8316

Milk Moms

www.milkmoms.com
(763) 413-0129

Reliable Medical Supply

www.reliamed.com
(763) 225-380

