

Resources for Breastfeeding

CentraCare Health lactation support

- **CentraCare Clinic Pediatrics & Adolescent Medicine** offers lactation consulting for nursing moms and infants. For questions or lactation support, call 320-654-3610, ext. 70268.
- **CentraCare Health** offers the “Successful Breastfeeding” classes at various locations. Register at www.centracare.com/events
- **CentraCare Health Library** online: www.centracare.com/wellness/health-library key word search: breastfeeding
- **CentraCare Health – Long Prairie:** Certified lactation counselors are available by phone or private appointment for breastfeeding questions and for help in obtaining breast pumps. For more information, call 320-732-2131.
- **CentraCare Health – Melrose and Sauk Centre** offer lactation support to new moms while they are hospitalized.
- **CentraCare Health – Monticello** offers private, one-hour sessions with a certified lactation consultant. For lactation questions or to schedule a session, call 763-271-2218.
- **CentraCare Health – Paynesville:** Certified lactation consultants are available by calling 320-243-3767.
- **St. Cloud Hospital Breastfeeding Help Line** offers lactation resources 7 a.m. to 3:30 p.m. every day. After hours: leave a message and calls will be returned within 24 hours. Call 320-251-2700, ext. 52311.
- **Your health care provider** is another resource for answering breastfeeding questions.

Other Minnesota (MN) resources

- Central MN Breastfeeding Coalition: www.centralmnbreastfeedingcoalition.org
- MN Breastfeeding Coalition: www.mnbreastfeedingcoalition.org
- MN Dept. of Health: English/Spanish/Somali <http://www.health.state.mn.us/divs/oshii/bf/>

- **La Leche League:** Breastfeeding information and support, consultations, and monthly meetings. 800-525-3243 or in the St. Cloud area at 320-252-8467

Selecting a breast pump

Although not all breastfeeding mothers need to pump, you may need one in some situations. Pumping may be needed:

- If your baby has special needs and is unable to nurse right after birth (your milk may be pumped and given later)
- To pull out flat or inverted nipples
- To help relieve engorgement
- If you are working/studying outside of your home

Discuss the pump that best fits your needs with the lactation consultant.

Check if your insurance company covers the purchase of a breast pump.

Review the table for help in deciding on a pump.

Guidelines for Pumps	High Quality Rental	Personal Use Electric	Battery Operated Manual	Hand Pumps	Hand Expression
1-3 times monthly			✓	✓	✓
Weekly		✓	✓	✓	✓
1-3 times weekly	✓	✓			✓
Daily	✓	✓			✓
Complete pumping (ill or premature baby)	✓				✓

Books

- *Breastfeeding Answers Made Simple.* Nancy Mohrbocker
- *Womanly Art of Breastfeeding.* La Leche League
- *Working Woman’s Guide to Breastfeeding.* Nancy Dana and Anna Price