

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. Support people are encouraged to attend! For times and information call:

***St Rita's Medical Center – Call (419) 226-9004**

***Lima Memorial Hospital – Call (419) 998-4570**

***Bluffton Hospital – During COVID, OB services are at Blanchard Valley Health System in Findlay – Call - 419.423.4500**

(<https://www.bvhealthsystem.org/services/womens-health/maternity-services/maternity-services>)

Breastfeeding Support

WIC --Allen County -- Education, information and support are provided by the staff and by **Peer Breastfeeding Helper, certified IBCLC's, CLC's and CLS**. Breast pumps may be 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 Café #2

St Rita's Medical Center – Due to COVID - To schedule an individual appointment with a lactation consultant, or for other information, call 419-226-9004.

Lima Memorial Health System - Due to COVID - Call 419-998-4570 for more information.

Blanchard Valley Hospital System / Bluffton Hospital - Lactation Consultants - 419-423-5518. All services provided in Findlay.

La Leche League – Support group for nursing moms or women interested in breastfeeding. Group meetings are currently by Zoom - Updates posted to Facebook group: *La Leche League Lima*.

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
Facebook group: WIC Breastfeeding Peer Support

Mom to Mom Lactation Services – www.momtomomlc.com --- Phone (419) 366-2493; June1964@gmail.com; FB – Mom to Mom Lactation Services. *home visits available.*

Other Resources

Ohio Breastfeeding Hotline – 1-888-588-3423 Available 24/7 – virtual consults available – no charge.

Ohio Breastfeeding Alliance – Breastfeeding services database – find help in your area.
<https://ohiobreastfeedingalliance.org/oba-resources-database/>

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.la lecheleague.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.thebump.com/t/breastfeeding - variety of breastfeeding information

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

www.normalfed.com - variety of breastfeeding topics

www.lowmilksupply.org – good information about breastfeeding, supply, and tongue tied

www.babywearinginternational.org/ - instructions babywearing

www.austinbabyguru.com/paced-bottle-feeding/

www.justbreastfeeding.com/low-milk-supply/peppermint-and-other-herbs-that-can-decrease-breast-milk-supply/

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