

BREASTFEEDING RESOURCES




This list is provided by the
Washington Ozaukee County Breastfeeding
Coalition

Washington County 262-335-4462
Ozaukee County 262-284-8170



LACTATION CONSULTANTS

- Aurora Medical Center, Grafton
262-329-4907
- Columbia Center Birth Hospital, Mequon
262-243-6632
- Community Memorial Hospital, Menomonee Falls
262-257-5030
- St. Joseph's Hospital, West Bend
262-334-5533
- Private Practice Lactation Consultants

 *Search by zip code*

COUNTY AGENCIES

- **WIC** Provides nutrition and breastfeeding education and supplemental food for pregnant and postpartum moms and children through age 4. Program is income based. **Washington County:** 262-335-4466, **Ozaukee County:** 262-284-8172
- **Health Department Public Health Nurse** Provides free phone consultation for new moms who have questions and concerns about breastfeeding. **Washington County:** 262-335-4462, **Ozaukee County:** 262-284-8170

BREAST PUMPS

Many private health plans now cover pumps as part of the Affordable Care Act.

1. Contact your insurance Customer Service Department. Ask how to get your personal electric pump.
2. You may need to order the pump through a Durable Medical Equipment Provider (DME).

BREASTFEEDING FRIENDLY CHILD CARE

Contact 4C for breastfeeding friendly daycares.

<http://www.4-c.org/> or 608-271-9181

WEBSITES/APPS

- www.zipmilk.org
- www.kellymom.com/bf
- www.healthychildren.org
- www.womenshealth.gov/breastfeeding
- www.workandpump.com
- Breastfeeding Solutions App \$4.99 iPhone/ Android

IN PERSON & PHONE SUPPORT

Mommy & Me - Aurora Medical Center

Grafton Ages Birth—12 months, Wed 10-11:30am,
Questions 262-329-4907

LaLeche League of Wisconsin

Meetings are subject to change:

Germantown/Menomonee Falls-

Juli 262-820-3691 or Heather 507-458-4154

Mequon - Amy 262-377-6194

Community Memorial Hospital

1st Tuesday of the month, 1-3 p.m. Conference Rm A
Registration Required (414) 805-3666

St. Joseph's Hospital

3rd Wednesday of the month, 1- 3 p.m. Conference Rm D
Registration Required (414) 805-3666

Columbia Center Birth Hospital- Family Room

Moms' Group, Wed 10-11:30am, Fri 1:30-3:30pm

Adjusting to Motherhood, Wed, 9-10:00am

Questions 262-243-6632

National BF helpline 800-994-9662, M-F, 8-5