

Central Ohio Breastfeeding Support

Franklin County WIC Programs: Columbus Public Health & Nationwide Children's Hospital:

Call the WIC clinic or the breastfeeding helpline at (614) 645-7065—

- * Peer helpers and breastfeeding staff for phone and clinic help
- * Breastfeeding classes
- * Hand pumps/electric pumps for work or school

WIC provides nutrition education and counseling, and supplemental foods. To see if you qualify, call (614) 645-7280

Moms2B: (614) 307-6709—A neighborhood support group for pregnant women. Provides lactation support for all the pregnant women who attend Moms2B weekly sessions located at:

- * Grace Missionary Baptist Church (1182 N. 6th St.): Wednesdays 11:00 am - 1:00 pm
- * OSU East Hospital (1492 E. Broad St): Thursdays 4:30 - 6:30 pm
- * Call for other locations

Mother's Milk Bank: (614) 566-0630—Grant Medical Center (4850 East Main Street, Suite 140)

Donor milk available with doctor's prescription, breast milk donations accepted from screened mothers.

**If you have extra milk, please donate.

Mount Carmel St. Ann's, Mount Carmel East, Mount Carmel West: (614) 234-MILK— Support groups, phone/outpatient services, outpatient lactation services, pump rentals/purchase, breastfeeding supplies, bra fittings/sales, breastfeeding classes.

Nationwide Children's Hospital: (614) 722-5228—Inpatient services, outpatient services, support group

*For pump rentals or purchase, call Homecare at (614) 355-1136

OhioHealth:

- * Doctors Hospital: (614) 544-2111—Phone consults, breastfeeding classes, limited outpatient consults, pump rental, free baby weight checks
- * Dublin Methodist Hospital: (614) 544-8002—Phone consults, breastfeeding classes
- * Grady Memorial Hospital: (740) 615-2116—Breast pump rental, breastfeeding helpline, lactation consults, free baby weight checks
- * Grant Medical Center: (614) 566-9008—Breastfeeding supplies, pump rentals/purchase, free baby weight checks, support groups
- * Riverside Methodist Hospital: (614) 566-3434—Phone/outpatient services, sliding fee scale/no Medicaid, support group, breastfeeding supplies/classes, hospital grade breast pump rental

Ohio State University Wexner Medical Center: (614) 293-8910 To register: (614) 293-5123—Pump rental, inpatient services, breastfeeding classes, phone consults. Breastfeeding helpline answered 7 days a week during regular business hours. Night time calls returned in the morning.



Central Ohio Mom Group Meetings

Grant Medical Center Breastfeeding Moms Group: (614) 566-9008
111 S. Grant Ave., Columbus, OH 43215 (4th floor classroom)
Every Tuesday: 2:00 p.m.—3:00 p.m.

Mount Carmel East Breastfeeding Moms Group: (614) 234-MILK
6001 E. Broad St., Columbus, OH 43213 (Maternity Floor, 4th floor of the heart center)
Every Tuesday: 2:00 p.m.—3:00 p.m.

Mount Carmel West Breastfeeding Moms Group: (614) 234-MILK
777 W. State St., Columbus, OH 43222
Every Friday: 11:00 a.m.—12:00 p.m.

Riverside Methodist Hospital Breastfeeding Moms Group: (614) 566-4446
Women's Center: 3535 Olentangy River Rd., Columbus, OH 43214
Every Thursday: 1:30 p.m.—2:30 p.m.

La Leche League: International Organization that provides Mothers with Breastfeeding Education

For contact information and monthly meeting dates/times, please visit www.llli.org.

La Leche League of Gahanna:
Gahanna Library—310 Granville Rd.,
Gahanna, OH 43230

La Leche League of Hilliard:
Scioto Ridge United Methodist Church—4343 Dublin Rd.,
Hilliard, OH 43026

La Leche League of Reynoldsburg:
Reynoldsburg United Methodist Church—1636 Graham Rd.,
Reynoldsburg, OH 43068

La Leche League of Northland:
Ascension Lutheran Church (east entrance: ring bell)
1479 Morse Rd.,
Columbus, OH 43329

* Para ayunda en Español, llame a Jennifer al (740) 739-9828

Websites

www.BFAR.org
www.notmilk.org
www.kellymom.com
www.infantrisk.com
www.askdrsears.com
www.lowmilksupply.org
www.breastfeedingonline.com
www.womenshealth.gov/ltsOnlyNatural/index.html
www.health.state.mn.us/divs/fh/wic (Spanish, Somali)
www.womenshealth.gov: 1-800-994-9662 (English and Spanish)
www.nlm.nih.gov/medlineplus/breastfeeding.html (English and Spanish)

Books

“The Nursing Mother’s Companion” by Kathleen Huggins
“The Womanly Art of Breastfeeding” by La Leche League
“Breastfeeding Your Premature Baby” by Gwen Gotsch
“Nursing Mother, Working Mother” by Gale Pryor
“Mothering Multiples” by Karen Gromada