Online Breastfeeding Resources

Resources for pregnant and nursing moms
Kelly Mom Parenting & Breastfeeding: kelly-mom.com/
Dr. Jack Newman: www.drjacknewman.com
Cindy Curtis: www.breastfeedingonline.com
Hands on Breastmilk Pumping: http://newborns.stanford.edu/Breastfeeding/
MaxProduction.html
Hand Expression of Breastmilk:
http://newborns.stanford.edu/Breastfeeding/HandExpression.html

Breastfeeding Friendly Child Care Centers:
Working and Pumping: www.workandpump.com
La Leche League: www.lalecheleague.org

Resources for professionals/organizations
Academy of Breastfeeding Medicine:
www.bfmed.org/
Wisconsin Association of Lactation Consultants:
www.walc.net/
American Academy of Pediatrics:
www.aap.org/breastfeeding/
International Lactation Consultants Association (ILCA):
www.ilca.org/
US Department of Health & Human Services:
womenshealth.gov/breastfeeding/
The Business Case for Breastfeeding:
http://mchb.hrsa.gov/pregnancyandbeyond/breastfeeding/
WI Breastfeeding Friendly Childcare Certification program: http://woodcountybreastfeeding.org

Breast Pumps
Home Medical Products and Services
1. 535 A Lincoln Street, Rhinelander, WI 54501
Phone: 866-278-8312 or 715-369-2525
FAX 715-369-0942
2. 8668 U.S. Highway 51 North, Minocqua, WI 54548
Phone: 866-861-7419 or 715-358-2500
FAX 715-356-0050

Medela - Lactina Hospital Grade Rental *
Double Pump & Pumping Kit*
Hollister – Purely Yours*
Medela – Pump in Style *
* Depending on your HMO. Pumps paid for by Badger Care+ Program with RX from provider.

Affinity/Ministry Home Care Plus
Hwy 51 in Arbor Vitae
Phone: 715-356-8110 or 1-866-357-6502
FAX: 715-343-5441
Pumps and breastfeeding accessories available. Please call for further information.

Forest County Health Dept. - reduced cost pumps available

Local WIC programs (Forest, Oneida, Price & Vilas)
Ameda – Purely Yours Breast Pump
Medela – Pump in Style Breast Pump
Medela – Manual Breast Pump
Medela Lactina – Hospital Grade Rental
Double Pump & Pumping Kit
Hygeia – Enriche Q

Affordable Care Act: Call your insurance provider to find your coverage for breastfeeding support & supplies (pumps and parts).

Northwoods Breastfeeding Coalition:
Website: oneidacountypublichealth.org/?p=628
Facebook page: Northwoods Breastfeeding Coalition

Updated April 2014
**WIC Program:** Cheri Nemec, RD, CD, CLS, 715-361-2090
Sokaogon Chippewa Health Center
Yvonne Robles, 715-361-8142
FAX 715-356-8552
mellisa.koengeter@ministryhealth.org
*Available breastfeeding assistance after discharge

**Forest County**

**Health Departments & WIC Programs** (continued)

**Oneida County**

**Health Department**
Public Health Nurses: 715-369-6111
**WIC Program:** 715-369-6109
Brenda Husing RD, CD, CLS 715-369-6186
BFPC Elicia Seliskar, 715-966-6324

**Prenatal Care Coordination Program (PNCC)**
Dawn Klink RN 715-369-6107

**Price County**

**Health Department**
Public Health Nurse, PNCC
Leslie Borne RN, BSN, CLS 715-339-3054

**WIC Program**
Dani Hoffman, RD 715-339-3054
BFPC: Leslie Borne, RN, BSN, CLS

**Vilas County**

**Health Department**
Public Health Nurse, PNCC & WIC
Lori Bergum RN, CLS 715-479-3656

**WIC Program**
Hope Williams RD, CD, CLS 715-588-3371
Laurel Dregger, RN, CLS 715-479-3656
BFPC Abbey Dall, IBCLC 715-365-3440

**Peter Christensen Health Center**

**Lac du Flambeau PNCC & Honoring Our Children Project**
Katie Citta RN, CLS (715) 588-3371 ext. 1906

**WIC Program/GLITC:**
FAX 1-715-588-2471
Hope Williams RD, CD, CLS 715-588-3371

**Cheri Nemec RD, CD, CLS 715 588-1020**

**Independent Consultant**

**Natural Baby - Abbey M. Dall, IBCLC**
715-365-3440

**Home Visiting Program**

**Children’s Hospital of WI Home Visiting Program:** Lynne Larsen, 715-361-2890; lynne.larsen@cssw.org
Forest and Oneida Counties

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**Childbirth Classes**

Howard Young Medical Center Class
Pam Buchwalter RN 715-356-8500

Lac du Flambeau Wellness Center Class
Katie Citta, RN, CLS 715-588-3371 ext. 1906

Ministry-St. Mary’s Hospital
715-361-2088 or register at ministryhealth.org/q/2452

**Drugs, Breastmilk & Breastfeeding**


Medications and Mothers’ Milk, A Manual of Lactation Pharmacology 2012, Thomas Hale, Ph.D.

[www.ibreastfeeding.com](http://www.ibreastfeeding.com)

**ZipMilk.org**

Enter your zipcode to find breastfeeding support near you.

Find Certified Breastfeeding Friendly Child Care Centers on the Northwoods

Breastfeeding Coalition Website: [oneidaCountyPublicHealth.org/?p=628](http://oneidaCountyPublicHealth.org/?p=628)

**Credential Key**

IBCLC: International Board Certified Lactation Consultant
CLS: Certified Lactation Specialist
CLC: Certified Lactation Counselor
CBE: Certified Breastfeeding Educator
BFPC: Breastfeeding Peer Counselor
RN: Registered Nurse
RD: Registered Dietitian
CD: Certified Dietitian

**Protecting, Promoting and Supporting Breastfeeding**

Forest, Oneida, Price and Vilas County