Online Breastfeeding Resources

Resources for pregnant and nursing moms
Kelly Mom Parenting & Breastfeeding: [kelly-mom.com](http://kelly-mom.com/)
Dr. Jack Newman: [www.drjacknewman.com](http://www.drjacknewman.com)
Cindy Curtis: [www.breastfeedingonline.com](http://www.breastfeedingonline.com)
Hands on Breastmilk Pumping: [http://newborns.stanford.edu/Breastfeeding/MaxProduction.html](http://newborns.stanford.edu/Breastfeeding/MaxProduction.html)
Breastfeeding Friendly Child Care Centers: [www.dhs.wisconsin.gov/publications/PO/P00022.pdf](http://www.dhs.wisconsin.gov/publications/PO/P00022.pdf)
Working and Pumping: [www.workandpump.com](http://www.workandpump.com)
La Leche League: [www.lalecheleague.org](http://www.lalecheleague.org)

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

Affordable Care Act: Call your insurance provider to find your coverage for breastfeeding support & supplies (pumps and parts).
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, BSN, CLS 715-479-3656
WIC Program
Hope Williams RD, CD, CLS 715-588-3371
Laurel Dreger, 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

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

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

Credential Key
IBCLC: International Board Certified Lactation Consultant
CLS: Certified Lactation Specialist
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