

# Breastfeeding/ Chestfeeding Resources

July 2021



S A I N T   P A U L   –   R A M S E Y   C O U N T Y   P U B L I C   H E A L T H

## BREASTFEEDING CLASSES

### **Amma Parenting Center - Prenatal Breastfeeding Class**

In-person or virtual prenatal breastfeeding class, \$45 or online prenatal breastfeeding class, \$50

Call or visit website for locations

952-926-2229

[www.ammaparenting.com/classes/](http://www.ammaparenting.com/classes/)

### **Blooma Saint Paul**

Virtual breastfeeding and childbirth education classes, doulas, \$95

Free virtual lactation lounge currently available

612-223-8064

<https://www.blooma.com/lactation>

### **Enlightened Mama**

Personalized in-home or in-office lactation consultation and counseling services, \$75 – 150

952-457-3834

Call to inquire about classes resuming at the MN Birth Center (624 Smith Ave S, St. Paul)

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

### **Everyday Miracles**

Breastfeeding and childbirth classes, postpartum support, and doula services

Virtual classes 100% covered for people with a verified Medicaid health insurance plan

612-353-6293

All classes are currently virtual

[www.everyday-miracles.org/](http://www.everyday-miracles.org/)

Languages (doula services): Somali, Spanish, Hmong, German, French

\$10 for individuals on state-funded insurance plans (Medicaid)

### **HealthPartners**

Breastfeeding class for mothers and their supporters, \$25

651-293-8176

As of July 1, 2021 classes are currently on hold due to COVID-19. Please call to see if classes have resumed.

# Breastfeeding Resources

## **Midwest Doulas**

Breastfeeding and childbirth education classes, doulas, lactation support by phone

Virtual breastfeeding class (2 hours), \$150

612-234-2208

836 Ottawa Ave, St. Paul 55107

<https://www.midwestdoulas.com/virtual-doula-services/>

Languages: French

## **BREASTFEEDING SUPPORT AND EDUCATION DROP-INS**

### **The Childbirth Collective** (*Free*)

Weekly childbirth education classes (parent topic nights: breastfeeding, postpartum, childbirth), supplemental to other childbirth education classes

All classes are currently virtual.

[www.childbirthcollective.org/events/](http://www.childbirthcollective.org/events/)

### **D.I.V.A Moms (Dynamic Involved Valued African American Moms):**

Culturally reflective prenatal program led by and made for U.S. born African-American women. Learn about nutrition, labor, birth, breastfeeding, newborn care, and becoming the mom you want to be. Meet other moms, spend time with midwives, and connect to community resources.

651-202-1116

Virtual gatherings and Minnesota Community Care/East Side Family Clinic Conference Room, 895 E. 7<sup>th</sup> St., St. Paul

<https://www.facebook.com/DivaMom2018/>

### **Health Foundations Birth Center Lactation Services** (*Free*)

Mama's Milk Hour Support Group is a breastfeeding support group (currently on hold due to COVID-19, call for updates)

651-895-2520

Health Foundations Birth Center, 968 Grand Ave, Saint Paul, 55105

[www.health-foundations.com/breastfeeding](http://www.health-foundations.com/breastfeeding)

### **La Leche League of Saint Paul Metro** (*Free*)

Monthly mother-to-mother breastfeeding support groups, led by La Leche League leaders, lactation support by phone

Currently holding virtual monthly meetings

(763) 458-7191

[LLLStPaulMetro@gmail.com](mailto:LLLStPaulMetro@gmail.com)

[www.llofmndas.org/st-paul-metro.html](http://www.llofmndas.org/st-paul-metro.html)

Languages: Spanish (612-703-9232)

# Breastfeeding Resources

## **Nubian Moms – Open Cities Health Center**

One-on-one meetings and support from Nubian Moms Coordinator and referrals for culturally reflective care, referrals for group sessions and other services as needed

(651) 290-9258

nubianmoms@opencitieshealth.org

<https://opencitieshealth.org/nubian-moms/>

## **Saint Paul Baby Cafés (Free)**

Most meet-ups currently on hold due to COVID-19. Call or email for updates.

Drop-in service offering breastfeeding support and resources for pregnant and breastfeeding mothers and their families from a lactation professional.

651-249-1683, [eryn.ekegren@co.ramsey.mn.us](mailto:eryn.ekegren@co.ramsey.mn.us)

## **United Hospital Baby Cafe (Free)**

Drop-in breastfeeding support group. Please wear a mask and do not bring siblings at this time. Call for updates to COVID-19 policy.

651-241-5088

St. Luke Lutheran Church: 1807 Field Avenue, St. Paul, 55116- *Wednesdays 1:30 - 3 pm*

<https://www.babycafeusa.org>

## **BY PHONE**

### **La Leche League 24-hour Breastfeeding Helpline (Free)**

Call for questions, tips, and help with breastfeeding

1-877-452-5324

Languages: Spanish, Arabic, Chinese, French, Japanese, Russian, Thai, and Swahili

### **Ramsey County WIC Lactation Consultants (Free; benefit of WIC)**

Ask questions and get help with breastfeeding (for parents participating in WIC)

651-249-1683

Languages: Spanish, Karen, and Hmong

### **HealthEast Lactation Support Phone-Line**

Over the phone support for mothers and babies who birthed in HealthEast or Fairview Hospital

651-232-3147

Languages other than English via request for interpreters

### **HealthPartners Lactation Support BabyLine (Free)**

Over the phone support 24/7. Don't need to be a patient or have HealthPartners insurance.

612-333-2229

# Breastfeeding Resources

## HOSPITAL & CLINIC LACTATION SUPPORT

Check with your insurance for coverage information, often Medical Assistance covers breastfeeding support

### **HealthEast/Fairview Home Care (check with insurance for coverage)**

Home care nurse visit for mother and baby for births in HealthEast or Fairview Hospital

651-232-2800

Languages other than English via request for interpreters

### **HealthEast/Fairview Outpatient Lactation Clinics (check with insurance for coverage)**

In-person support from a lactation specialist for mothers who gave birth in a HealthEast or Fairview hospital (St. John's or Woodwinds)

651-232-8080 for an appointment at a HealthEast Clinic

855-324-7843 for an appointment at a Fairview Clinic

[www.fairview.org/overarching-care/the-birthplace/lactation-services](http://www.fairview.org/overarching-care/the-birthplace/lactation-services)

Clinic locations: Downtown Saint Paul, Grand Avenue Clinic Saint Paul, Midway Clinic Saint Paul, Rice Street Clinic Saint Paul, Roselawn Clinic Saint Paul, St. John's Maplewood, Maplewood Clinic, Oakdale Clinic, Roseville Clinic, Vadnais Heights Clinic

### **HealthPartners Lactation Counseling**

In-person or over the phone services for HealthPartners patients

BabyLine (for breastfeeding concerns, do not have to be a Health Partners patient for this service): 612-333-2229

Make an appointment with a lactation consultant:

Health Partners: 952-967-7955

Regions Birth Center: 651-254-2380

Park Nicollet: 952-967-7955

<https://www.healthpartners.com/hp/doctors-clinics/specialties/pediatrics/breastfeeding-center/index.html>

Language: Spanish

Breastfeeding support available for transgender women

### **Regions Hospital Lactation Support Center**

651-254-2380 for over-the-phone or in person lactation support

Accepts all insurance, call to inquire about options for those without insurance

Languages other than English via request for interpreters

### **The Mother Baby Center/ United Hospital / Children's Hospital Lactation Resource Center**

Lactation consultants offering support for moms learning to breastfeed who gave birth at United/Children's Hospital

Currently options for virtual or in-person breastfeeding support

651-241-6290

[www.themotherbabycenter.org/care-services/after-baby-born/breastfeeding-lactation/](http://www.themotherbabycenter.org/care-services/after-baby-born/breastfeeding-lactation/)

## IN-HOME LACTATION SERVICES

### **A Woman's Design Lactation Support**

612-314-6378

<https://www.awomansdesign.com/lactation-support.html>

### **Better Beginnings Lactation Services**

651-747-6954

<https://www.betterbeginningsmn.com/lactation-support>

Discounts available for families on Medical Assistance

### **Embrace Childbirth Doula Service**

In-home, private Prenatal Breastfeeding Class and lactation counseling, \$45

763-229-7351

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

### **Enlightened Mama**

In-home and in-office consultation options available, \$60-150

952-457-3834

[www.enlightenedmama.com/schedule-lactation-appts/](http://www.enlightenedmama.com/schedule-lactation-appts/)

Languages: Spanish

Insurance coverage may be available, including Medicaid-MN plans

### **Nourish Family Wellness**

In-home and in-clinic lactation services or phone consult follow-up, \$45-150

651-797-4822

[www.nourishfamilywellness.com/lactation-initial-visit/](http://www.nourishfamilywellness.com/lactation-initial-visit/)

### **BirthEd**

Virtual visits currently available, \$75-100

612-229-2490

<https://www.birthedmn.com/lactation>

# Breastfeeding Resources

## ONLINE

### **Online HealthEast Breastfeeding Guide (Free)**

[www.healtheast.org/images/stories/maternity/breastfeeding-guide.pdf](http://www.healtheast.org/images/stories/maternity/breastfeeding-guide.pdf)

### **Online HealthPartners Breastfeeding Resource Guide (Free)**

[www.healthpartners.com/ucm/groups/public/@hp/@public/documents/documents/cntrb\\_010545.pdf](http://www.healthpartners.com/ucm/groups/public/@hp/@public/documents/documents/cntrb_010545.pdf)

### **Saint Paul - Ramsey County Public Health Breastfeeding Website**

[www.ramseycounty.us/breastfeeding](http://www.ramseycounty.us/breastfeeding)

### **Black Women Do Breastfeed Blog**

[www.blackwomendobreastfeed.org/](http://www.blackwomendobreastfeed.org/)

### **Hmong Breastfeeding Coalition**

<https://www.facebook.com/hmongbfcoalition/>

### **Office on Women's Health Resources**

[www.womenshealth.gov/breastfeeding/](http://www.womenshealth.gov/breastfeeding/)

### **Minnesota Department of Health**

<https://www.health.state.mn.us/people/breastfeeding/index.html>

### **Minnesota WIC Breastfeeding Program**

<https://www.health.state.mn.us/people/wic/bf/index.html>

### **Breastfeeding & Parenting**

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

### **CDC Breastfeeding Information**

[www.cdc.gov/breastfeeding](http://www.cdc.gov/breastfeeding)

### **African American Breastfeeding Network**

<http://aabnetwork.org>

