

Richland Area Breastfeeding Resource Guide



Richland Area Breastfeeding Coalition

Local Support:

- **The Richland Hospital and Clinics:** Call your provider or a Birth Center Nurse for questions. There are certified lactation consultants who can help.
 - Web Link: <https://www.richlandhospital.com/our-services/birth-center/breast-feeding-support/>
 - Phone: 608-647-6321

- **Richland County Public Health:** The county health department can provide education, support, and assistance with connecting to breastfeeding resources for new moms/families. Their public health nurse can offer a home visit for new moms & families. The county health department is located at the Richland County Health and Human Services building at 221 W. Seminary Street, Richland Center, WI.
 - Web Link: <https://co.richland.wi.us/departments/hhs/>
 - Phone: 608-647-8821 or by fax at 608-647-6611

- **Richland County UW Extension Office:** Develops practical educational programs that are specifically tailored to meet local needs. Visit their weblink for access to their Richland County Resource Directory, including helpful contact information for services within the county.
 - Web Link: <https://richland.extension.wisc.edu/family-living/>
 - Phone: 608-647-6148

- **SWCAP-Women, Infants, and Children (WIC) Nutrition Program:** The goal of the WIC program is to help pregnant women, new mothers, infants and children stay healthy and strong. WIC provides nutritious foods for eligible pregnant and postpartum women, infants and children under age 5. WIC Nutritionist are Certified Lactation Specialists who offer breastfeeding education and support. WIC can also help with obtaining breast pumps through insurance or through WIC. SWCAP-WIC serves families in Richland, Crawford, Iowa, and Lafayette counties.
 - Address: 149 N. Iowa St., Dodgeville, WI 53533
 - Web Link: www.swcap.org/wic
 - Phone: 608-935-2326 extension 204
 - Email: wic@swcap.org

- **La Leche League of Madison:** La Leche League USA helps parents, families, and communities to breastfeed, chestfeed, and human milk feed their babies through parent-to-parent support. Follow the web link below for information on the nearest support group offered in virtual and in-person formats, located in Madison, WI.
 - Web Link: <https://lllmadison.wordpress.com>
 - Local Leaders Contact Information:
 - Heather: 608-845-1328 (text OK)
 - Jeannie: 608-345-2036 (text OK)
 - Maura: 608-698-8198

National Support:

- **Office on Women's Health:** Provide breastfeeding educational resources covering a variety of breastfeeding topics.
 - Web Link: <https://www.womenshealth.gov/breastfeeding>
 - Phone: 1-800-994-9662
- **The American College of Obstetricians and Gynecologists (ACOG):** The ACOG webpage houses credible information on breastfeeding.
 - Web Link: <https://www.acog.org>
 - Phone: 1-800-673-8444
- **American Academy of Pediatrics (AAP):** The AAP is a professional association of pediatricians and their webpage includes many credible resources on breastfeeding.
 - Web Link: <https://www.aap.org>
 - Phone: 847-434-4000
- **Drugs and Lactation Database (LactMed):** Searchable database of drugs and their impacts on breastfed babies.
 - Web Link: <https://www.ncbi.nlm.nih.gov/books/NBK501922/>
- **International Lactation Consultant Association:** Directory of lactation consultants as well as information about breastfeeding.
 - Web Link: <https://ilca.org>
- **La Leche League International:** Information and support for breastfeeding with referrals to local support groups.
 - Web Link: <https://llli.org>
 - Phone: 1-800-525-3243

- **MotherToBaby:** Provides information on the benefits and/or risks of medications and other exposures during pregnancy and while breastfeeding. Resources are available in both Spanish and English.
 - Web Link: <https://mothertobaby.org>
 - Phone: 866-626-6847
 - Texting: 855-999-3525

- **Women, Infants, Children (WIC) Breastfeeding Support:** WIC breastfeeding campaign from the U.S. Department of Agriculture provides information, resources, and support for breastfeeding.
 - Web Link: <https://wicbreastfeeding.fns.usda.gov>

- **Mental Health America:** Provides community education and engagement regarding breastfeeding, postpartum depression, being a new parent, etc.
 - Web Link: <https://mhanational.org>
 - Phone: 703-684-7722
 - Toll Free Phone: 800-969-6642

Local Breast Milk Donation:

Milk donors are healthy, lactating women who have extra milk and want to help other babies who are in need. It is expected for donors to:

- Donate at least 100 ounces at your first drop-off
 - There is no minimum for future donations, every drop is appreciated!
- Follow the milk donation guidelines set by the Mothers' Milk Bank of the Western Great Lakes.
- Maintain contact with the Milk Bank to report medications and household illnesses.
- Drop off milk at a convenient Milk Depot, or work with us to arrange for shipping.
- Keep milk frozen at home and during transport.

Contact Information:

- **Mothers' Milk Bank of the Western Great Lakes:**
 - Web Link: <https://www.milkbankwgl.org/donate-milk/>
 - Phone: 847-262-5134

- **The Richland Hospital & Clinics Milk Depot:**
 - Web Link: <https://www.richlandhospital.com/our-services/birth-center/milk-depot/>
 - Phone: 608 647-6321 ext. 2307

Coalition partners include The Richland Hospital and Clinics, Richland County Health & Human Services, and Southwestern Wisconsin Community Action Program, Inc.

