

## CARLTON COUNTY RESOURCES FOR BREASTFEEDING FAMILIES

<p><b>Carlton County Public Health - Certified Lactation Counselors</b> 218-879-4511 or 1-888-818-4511 14 N. 11<sup>th</sup> Street, Cloquet, MN 55720</p>	<p><b>WIC Program</b> 218-878-2853 or 1-888-818-4511 Minnesota WIC (Women Infants and Children) Program provides pregnant women, new mothers and young children with nutrition information, breast feeding education and support through our Peer Counselor, referrals to health services and access to wholesome supplemental foods. Income-eligible women who are pregnant, breastfeeding or recently had a baby, infants, and children until their fifth birthday can participate. Apply on-line at <a href="#">MN WIC Program</a> or <b>Carlton County WIC office directly at 218-878-2853</b></p>
<p><b>Community Memorial Hospital - “A Nesting Place” every 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of every month from 1:00-2:00 pm in the Pine Meeting Room – Ground Floor.</b> It is a group that is for new moms with infants up to one year and anyone in their third trimester of pregnancy. The meetings are free and provide a safe and supportive environment to discuss all postpartum issues: breastfeeding, baby blues, anxiety, depression, sleep, relationships, exercise, nutrition, etc. Infants are welcome and refreshments are provided. Call Brenda Graden for more information.</p>	<p><b>Fond du Lac Public Health</b> 218-879-1227</p>
<p><b>International Board Certified Lactation Consultant</b> Janna Wolter BSN, PHN, IBCLC <a href="mailto:janna.wolter@co.itasca.mn.us">janna.wolter@co.itasca.mn.us</a> 218-398-4585 (cell)</p>	<p><b>Essentia – Moose Lake OB/GYN</b> 218-485-4481</p>
<p><b>Community Memorial Hospital OB/GYN</b> 218-879-4641 218-878-7040 - Kelly Walsh OTR 218-499-6702 - Brenda Graden, RN, PHN</p>	<p><b>La Leche League, Breastfeeding Support</b> <a href="http://www.llli.org">http://www.llli.org</a> <a href="http://www.llofmndas.org/">http://www.llofmndas.org/</a></p> <p><b>Northland Breastfeeding Coalition</b> <a href="http://www.northlandbreastfeedingcoalition.org">http://www.northlandbreastfeedingcoalition.org</a> go to Mothers and Families; Resources</p>

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### BREASTFEEDING SUPPLIES TO RENT OR PURCHASE

<p><b>Ameda:</b> <a href="http://www.amedadirect.com">www.amedadirect.com</a> 1-866-992-6332</p>	<p><b>Medela:</b> <a href="http://www.medela.us/breastfeeding">www.medela.us/breastfeeding</a> 1-800-435-8316</p>	<p><b>SpeCtra:</b> <a href="http://www.spectrababyusa.com">www.spectrababyusa.com</a> 1-855-405-0993</p>
<p>Medela &amp; Ameda Breast Pumps and Tubing/Supplies for sale or rent at the following locations; will take MA and Health Plan payments</p>		
<p>Corner Home Medical Equipment &amp; Supplies Business hours: 8:30-5:00 M-F 4418 Haines Road, Airport Plaza, Suite 1200, Duluth, MN 55811 Phone: 1-218-722-3420 or 800-777-8390 Fax: 1-218-720-6158 <a href="http://www.cornermedical.com">www.cornermedical.com</a></p>	<p>Lake Superior Medical Equipment Business hours: 8:30-5:00 M-F 901 Stanley Ave, Cloquet, MN 55720 Phone: 1-218-879-2211 FAX: 1-218-879-2233 <a href="https://www.lakesuperiormedicequipment.com">https://www.lakesuperiormedicequipment.com</a></p>	

#### STEPS TO GET BREAST PUMP

- 1) Speak with your OB nurse about getting a breast pump in the hospital.
- 2) Call your doctor, ask doctor to fax prescription for double electric pump to supplier of your choice. This prescription may need to be in baby's name if mom is not the one on Medical Assistance.
- 3) Call supplier, give them your name and insurance information (or baby's name / information) and tell them to expect doctor's fax.
- 4) Pick up the breast pump or ask if supplier will ship it out (it usually will be same day or next day)