**Capitol Area Breastfeeding Resource Guide**

**1.16.13  - for use by health care providers, mothers and other referrers. If you know of a resource that should be added please contact Ann Siegle at** [annsiegle@gmail.com](mailto:annsiegle@gmail.com).

If you want to print a version of this for your patients, colleagues or friends, use the Print to PDF button to generate a print-friendly PDF version!

# County Health Departments

1. Barry-Eaton District Heath Department (Lansing No.) – 517-485-7110
   1. Eaton County
      1. Public Health Nursing – 517-541-2654
      2. WIC Program – 517-541-2630 (Eaton) or 269-945-9512 (Barry)
2. Mid-Michigan District Health Department (Clinton County)
   1. Public Health Nursing – 989-224-7772
   2. Maternal and Infant Support Services – 989-224-8393
   3. WIC Program – 989-224-2195
3. Ingham County Health Department
   1. Child Health Services – 517-887-4305
   2. Prenatal Nutritionist – 517-887-4320
   3. Public Health Nursing – 517-887-4322–home visits for breastfeeding support
   4. WIC Program – 517-887-4326
   5. WIC Breastfeeding Help Line-  517-887-4543  - leave a message 24/7.
4. Shiawassee County Health Department
   1. Public Health Nursing – 989-743-2356
   2. WIC Program – 989-743-2383 or 800-859-4229

# Lactation Consultants – Hospital-based

## McLaren Greater Lansing–517 975-7330

* Deb Kline, RN

Sparrow Lactation Support Services (at Sparrow Only) – 517-364-2652

* Tammy Ashley
* Patricia Lutz, RN, IBCLC
* Kathy Malone, LBSW, RN, IBCLC
* Karen Twyman, RN, MS, MSW, IBCLC
* Maureen Dillon, RN, IBCLC
* Beth McLellan, RN, IBCLC in the RNICU– 517-364-2844

# Lactation Consultants– Fee-for-Service

* Tina Brenner, RN, BSN, IBCLC – 517-282-4399; 517-282-4399 [http://www.babystepslactation.com/](http://www.babystepslactation.com/" \o "Baby Steps Lactation" \t "_blank)
* Linda Gewirtz, RN, IBCLC, Say Yes to Breast, 989-415-9991
* Bosom Buddies:  Kathy Malone, LBSW,RN, IBCLC — 810-229-3328 Livingston County
* Laura Spitzfaden, IBCLC - 517-285-7819 website:   [http://feedthebabyllc.com](http://feedthebabyllc.com/help-now" \o "Feed the baby now" \t "_blank)

# FREE Breastfeeding Support:

1. Delta-Waverly La Leche League – <http://www.lllusa.org/web/DeltaWaverlyMI.html>
2. East Lansing La Leche League: Lalecheeastlansing.com
3. Facebook group join request: breastfeedingeastlansing@gmail.com
4. Ingham County WIC Program – 517-887-4326
5. Ingham County WIC Breastfeeding Help Line – 517- 887-4543
6. Eaton County WIC Program – 517-541-2630 or 517-485-7110
7. Mid-Michigan District Health Department (Clinton County) WIC Program – 989-224-2195
8. Shiawassee County Health Department WIC Program – 989-743-2383 or 800-859-4229
9. Expectant Parents Organization–EPO is pleased to announce our NEW BREASTFEEDING SUPPORT GROUP. This group is for moms that are nursing and for moms that are thinking about breastfeeding. Our Breastfeeding Support Group meets on the last Wednesday of each month at the East Lansing Public Library on Abbot Rd. in East Lansing. The time is from 11:30am to 1:00pm.  
   Please call our office for other times and locations. Call 517-337-7365. EPO website is [http://www.epobaby.org](http://www.epobaby.org/)

# Books:

1. The Baby Book: Everything You Need to Know About your Baby from Birth to Age Two –  [http://www.amazon.com/The-Baby-Book-Revised-Edition/dp/0316198269](http://www.amazon.com/The-Baby-Book-Revised-Edition/dp/0316198269" \o "The Baby Book Everything You Need to Know....Amazon.com)
2. The Womanly Art of Breastfeeding -[http://www.amazon.com/The-Womanly-Breastfeeding-Diane-Wiessinger/dp/0345518446](http://http//www.amazon.com/The-Womanly-Breastfeeding-Diane-Wiessinger/dp/0345518446)

# Websites:

1. Kellymom.com, IBCLC Lactation Consultant breastfeeding answer site –[www.kellymom.com](http://www.kellymom.com/)
2. Infant Risk Center – Medications & mother’s milk answer hotline —[www.infantrisk.com](http://www.infantrisk.com/)
3. Black Mothers Breastfeeding Association–[http://www.blackmothersbreastfeeding.org](http://www.blackmothersbreastfeeding.org/)
4. Capital Area Breastfeeding Coalition – [www.mibreastfedbaby.com](http://www.mibreastfedbaby.com/)
5. Best for Babes Foundation – [www.bestforbabes.org](http://www.bestforbabes.org/)
6. CDC Guide to Breastfeeding Interventions –[www.cdc.gov/breastfeeding/resources/guide.htm](http://www.cdc.gov/breastfeeding/resources/guide.htm)
7. Michigan Breastfeeding Network:  [http://www.mibfnetwork.org/](http://http//www.mibfnetwork.org/" \o "Michigan Breastfeeding Network" \t "_blank)
8. Stanford University School of Medicine, “Getting Started with Breastfeeding”  [http://newborns.stanford.edu/Breastfeeding/](http://newborns.stanford.edu/Breastfeeding/" \t "_blank)

# Blogs – with links to other bloggers:

1. Momzelle Breastfeeding Blog:<http://www.momzelle.com/blog/>- research, anecdotes from a new mother, and nursing fashions.
2. Secrets of Baby Behavior, University of California-Davis Human Lactation Center- [http://www.secretsofbabybehavior.com/](http://www.secretsofbabybehavior.com/" \t "_blank)

# Breast Pump Rental and Sales

1. Sparrow Regional Medical Supply and Pharmacy
   * Lansing – Phone: 517-371-2115; Fax: 517-371-1227
   * St. Johns – Phone: 989-224-6730; Fax: 989-224-3245
2. Breastfeeding Support and Counseling – 517-339-3038
3. Sobak’s Home Medical (Owosso) – 989-723-8927
4. MSU Clinical Center Pharmacy – 517-353-4930
5. Bosom Buddies Lactation Support (Livingston County) – 810-229-3328
6. Healthy Mother, Healthy Baby Brown’s Advanced Care (Jackson) – 517-789-7302
7. Mother and Earth Baby Boutique - [www.MotherAndEarth.com](http://www.mibreastfedbaby.com/www.MotherandEarth.com) - 517-204-2248
8. Bundle of Joy (Eaton Rapids) – 517-230-9629

Hygeia —   888.786.7466

1. Medela – 800-435-8316

# Maternal-Infant Outreach Program

Women’s Health Services – 517-887-4320; [www.ingham.org/hd/womens/index/htm](http://www.ingham.org/hd/womens/index/htm)

# Other Resources

Willow Tree Family Center, 3333 S. Pennsylvania Ave., Suite 101, Lansing, MI 48910[www.willowtreefamily.com](http://www.willowtreefamily.com/)   586-806-WTFC