

Creating a Circle of Caring
Auglaize/Allen County Breastfeeding Resources

Breastfeeding – Any woman attempting to provide their baby with human milk through whatever method. Whether you are exclusively pumping, latching or supplementing with formula, you are a breastfeeding mother and we celebrate your efforts. WIC is here for you and we promise to support you to the best of our ability.

Breastfeeding Classes

Classes are a great way to learn more about breastfeeding and how to get started. All classes are free. For times or to register call:

Joint Township District Memorial Hospital (St Mary's) – (419)394-3335 Ext. 2419

St Rita's Medical Center (Lima) – (419)226-9004

Lima Memorial Hospital (Lima) – (419)998-4570

Bluffton Hospital (Bluffton) – (419)369-2332

Wilson Memorial Hospital (Sidney) – (937)497-BABY

Breastfeeding Support

Breastfeeding Class –Heartbeat of Lima, Ohio

Providing hope, education, and resources to women and teens who are either pregnant or have a child under three years of age. Breastfeeding class is held last Thursday of every month except the month of July. Open to any pregnant women interested in learning more about breastfeeding. Class time is 3:30 to 4:30 at 3225 W. Elm St., Lima, OH. For more information call: **(419)-222-7950**

*** The La Leche League is a support group for nursing moms or pregnant women interested in breastfeeding.**

La Leche League of Celina, Ohio and Mercer County

LLL of Celina meets on the second Tuesday of each month at 7:00 pm. Please call for meeting location and more information or if you have a question:

Karen – (419)586- 4982

Brenda- (419)942-1657

La Leche League of Lima, Ohio and Allen County

LLL of Lima meets on the second Tuesday of every month from 7:00-9:00 pm at 2200 W. Elm St., Lima, OH 45805 ST Charles church in the basement. For more information call:

Debby – (419)339-9848

Gail – 419-581-1244

WIC – Breastfeeding Class available last Wednesday at 10:30am and 2pm. Education and support is available from our Certified Lactation Consultant and Breastfeeding Peer Helper. Breast pumps are available at the office only after delivery to eligible mothers. Please call M- F between 8-11 and 1-4.

Auglaize County WIC – (419)738-3410

Breastfeeding Support Group of Bluffton - Meets 2ND Monday of each month, 4:00-5:00 pm in the OB classroom at the hospital. For more information call:

Natalie Shenk or Tricia Phillips – (419)423-5518

Wilson Memorial Hospital Breastfeeding Boutique - Trained Lactation consultants help breastfeeding moms with fittings and other questions when purchasing breastfeeding supplies. For more information call **(937)497-BABY** to speak with an International Breastfeeding Certified Lactation Consultant (IBCLC).

Lactation Consultants

Karen Holdheide, RN, IBCLC. Birth Center, Joint Township District Memorial Hospital in St. Marys, OH. Can be reached at 419-394-3335.

Janice Ball, IBCLC, Beth Wilson, IBCLC, & Debby Schymanski, IBCLC, St. Rita's Medical Center, Mother Baby Unit 10-4 at 419-226-4593.

Joan McBride, RNC, IBCLC, & Shelly, RN, IBCLC, Family Birth Center, Lima Memorial Hospital. Can be reached at (419)998-4570 or jmcbride@limamemorial.org

Beth Wilson, IBCLC Lil Pumpkins & Mums, LLC Private practice lactation counseling and natural breastfeeding boutique. 419-971-3929

Tricia Phillips, RN, IBCLC, & Natalie Shenk, BS, IBCLC Blanchard Valley Regional Health Center (Findlay and Bluffton campuses). (419)423-5518.

Dorris Knapke, IBCLC (Daytime), & Megan Martin, IBCLC (After 5pm), Wilson Memorial Hospital in Sidney, OH. (937)497-BABY Ext. 5434. Nurses trained in breastfeeding support available 24 hours a day at (937)498-5381.

Bonnie Wykoff, RN and CLC and Jerica Ayers, breastfeeding peer helper of Hancock/Putnam County WIC. After hours breastfeeding help. (419)722-9663

The National Breastfeeding Helpline. Follow prompts to speak with counselors who can help answer common breastfeeding questions and help refer you to local lactation or medical support based on your situation. Open Monday through Friday, from 9a.m. to 6 p.m., EST. **1-800-994-9662**

Additional Resources/Información sobre Lactancia

These websites can be a good source of general information regarding common concerns related to breastfeeding. WIC does not endorse any products for sale at any site. None of these are intended to replace assessment by a lactation consultant, physician, or health professional.

<http://www.askdrsears.com> –Pediatrician Dr. Sears discusses many topics, including developmental milestones, sleep routines, breastfeeding, etc.

<https://www.facebook.com/ExclusivelyPumping> - Online community of exclusively pumping mothers.

www.kellymom.com – Evidence based breastfeeding and parenting information.

www.medela.com – Pumping and breastfeeding information. Online lactation consultant is available for questions.

<http://www.la lecheleague.org> - La Leche League, support for any mom trying to provide human milk to their baby.

[Http://www.breastfeeding.com](http://www.breastfeeding.com) – Info, video clips, answers to common questions, as well as stories from breastfeeding moms. Live breastfeeding Q&A sessions with Debbie Page, RN, IBCLC, and Sylvia Boyd, IBCLC, PT, LCCE.

<http://breastfeedingincombatboots.com> – Support for breastfeeding moms in the military.

<http://www.4women.gov/breastfeeding> - Health and Human services site with information about breastfeeding.

<https://www.facebook.com/pages/Auglaize-County-WIC/> Nutrition and breastfeeding education and support.

Message us with scheduling requests, to report a store, or if you have any nutrition or breastfeeding questions.

<http://breastfeedingforall.org> – California WIC

<http://la lecheleague.org/langespanol.html> - Aquí encontraras información sobre lactancia consultando las preguntas comunes, el foro de apoyo madre a madre, o enviando tu pregunta a través del formulario de ayuda por correo electrónico.

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