

BREASTFEEDING SUPPORT GROUPS

Meetings

La Leche League of Bloomington-Normal *in-person/phone support*

3rd Monday* each month, 6:30 pm,
McLean County Health Department,
200 W. Front St., Room 104,
in Bloomington, IL 61701

**When the 3rd Monday is a holiday the meeting will be the following Monday*

Informal daytime meetings/support announced
at our Facebook page,
www.facebook.com/LaLeche-LeagueBloomingtonNormal
Email: lllofbn@gmail.com



Moms of Beautiful Babies

Every Wednesday from noon to 2 p.m.
The Center for Healthy Lifestyles
OSF St. Joseph Medical Center
2200 E Washington St. (Entrance D)
Bloomington, IL 61701

To learn more about the MOBB, call (309) 665-4704.

Online/Web Resources

Central Illinois Breastfeeding Moms

Online support group on Facebook
This is open to all nursing moms in the Central Illinois and surrounding areas for peer support.
www.facebook.com/groups/boobgroup/

Black Mothers' Breastfeeding Association

Online support
This resource is by and directed at supporting African-American/Black mothers.
www.facebook.com/BMBFA

La Leche League

Online breastfeeding information/troubleshooting
This web resource is open to all breastfeeding families, has info in multiple languages. Includes evidence-based information on breastfeeding, stories, discussion forums
www.lllusa.com
24 hour LLL hotline, 1-877-LA LECHE (1-877-525-3243)

Kellymom

Online breastfeeding information/troubleshooting
This is a resource for evidence-based information on breastfeeding, sleep, and parenting. Provides up-to-date guidance and expert advice from an IBCLC.
kellymom.com/



McLean
County

local

Breastfeeding Resources

USDA is an equal opportunity employer and provider

McLean County Health Department
Partners in Prevention
<http://health.mcleancountyil.gov>

OSF
ST. JOSEPH MEDICAL CENTER



HOW TO USE THIS BREASTFEEDING RESOURCE GUIDE

Nursing is the optimal way to feed a baby. Studies show that moms who receive information and good support from the start are *much more likely* to meet or surpass their breastfeeding goals.

In the following pages, you will find contact information for real people from multiple agencies who are happy to help you! Bring this resource guide to your computer and check out the online list of breastfeeding guides.

If you have a problem or questions, don't pick up a bottle—pick up a phone! There are many resources available in McLean County to support you and your little one's breastfeeding journey.

The Baby Friendly Hospital Initiative is partially funded by the Illinois Department of Public Health's We Choose Health Grant.

WIC PROGRAM

All breastfeeding help provided free of charge to active WIC clients.

Peer Counselor Breastfeeding Support Program

Office: 309-888-5971 • Cell/TEXT: 309-838-1656

- Prenatal breastfeeding classes
- Office and home visits available
- Breastfeeding assessments and support in clinic on a walk-in basis
- Return to work/school planning, information on state laws/rights
- Assistance with obtaining breast pumps where applicable, flange/shield fitting, other breastfeeding supplies as available

Weigh-In Wednesdays

- Open weigh-in clinic to track baby's growth
- Every Wednesday afternoon from 1-3pm
- Any WIC eligible mother who is currently breastfeeding



HOSPITAL LACTATION SUPPORT

OSF St. Joseph Medical Center **

Birthing Center • 309-665-4703

Sarah Musselman, RN, BSN, IBCLC • 309-665-4704

Amanda Goff, RN, BSN, IBCLC

Advocate BroMenn Medical Center **

Karen Shinville, MS, IBCLC

Lucinda Edgren-Gebhardt, RN, BSN, IBCLC
309-268-5292

****Remember! You may always go back to the mother/baby unit in either hospital for breastfeeding support after you leave the hospital. In-person help available by appointment after discharge; call ahead to schedule.****

OTHER COMMUNITY LACTATION SUPPORT

Private Practice IBCLC's

Brandy J. Hansen, IBCLC • 309-319-6619

(McLean County)

Amanda's Postpartum Services, IBCLC - 309-449-6275
(Central IL)

Kara Sylvester, IBCLC - 309-256-9046

(Peoria County/Central IL)

Breastfeeding Helper Guide

Unsure of what breastfeeding help is right for you? An easy guide entitled Landscape of Breastfeeding Support is available at <http://massbreastfeeding.org/landscape/>

