

**Region II Perinatal Center Program  
Breastfeeding Services Directory 2012**



Items available in the  
Kids Care Shop @ Dayton Children's

Symphony breast pumps  
Rental: \$45/month

Medela Baby Weigh Scale  
Rental: \$49.99/month

Pump in Style Advanced  
available for purchase

Other breastfeeding products  
For information 641-3000 ext 8861

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This directory is a resource for those working with mothers and babies. Use this book as a resource to find help if needed Pages 22-26 are very useful parent pages! <b><i>You may copy any or all of this information!</i></b> This directory can also be found on the web on the PCEO website –under downloads: <a href="http://www.PCEORegion2.org">www.PCEORegion2.org</a>	

**Ohio Law SB 41 Sec. 3781.55:**

A mother is entitled to breastfeed her baby in any location of a place of public accommodation wherein the mother otherwise is permitted.  
Effective September 16, 2005

**AAP Policy Statement on Breastfeeding, 2005**

“Human milk is species-specific and all substitute feeding preparations differ markedly from it, making human milk uniquely superior for infant feedings”

**What You Can Do To Help**

REALLY believe, and show in your actions that, breastfeeding is normal, and that the Miami Valley can reach the Healthy People 2020 goals. Those goals are to have:

- 81.9%** of newborns breastfeeding
  - 46.2%** breastfeeding exclusively at 3 months of age
  - 60.6%** breastfeeding at 6 months of age,
  - 25.5%** breastfeeding exclusively at 6 months of age,
  - 34.1%** still breastfeeding at 12 months of age.
  - 38%** of employers providing an on-site lactation/ mother’s room
- And to decrease to 14.2%** of breastfeeding newborns who receive formula supplementation within the first 2 days of life.

**Other Important Phone Numbers (continued)**

**Public Health Dayton and Montgomery County**

Information and referral	225-5700
Immunizations	225-4550
Prenatal and Women’s Health	225-4484
Healthy Mommy-Healthy Me	225-5700
Birth Certificates	496-3117

**RTA Rideline** 425-8300

**More About Breastfeeding**

Very little can go wrong with breastfeeding. Most problems are a misunderstanding of babies and mothers.

The facts are:

- All babies need to eat frequently to grow well.
- All babies need their mothers close by most of the time.
- Making milk is easy for nearly all women.
- Breastfeeding should be comfortable for both mother and baby.

Help is available for questions or problems

**How to Find Information and Help**

Breastfeeding is often assumed to be such a natural process and that anyone should be able to do it. It takes time to learn even natural skills like walking. Breastfeeding, like walking, is a learned process for both the mother and her infant. Many mothers benefit from instruction and help with problems that may arise during the learning stages.

Ask your hospital, doctor, and clinic to practice standards of the World Health Organization/UNICEF Baby Friendly Hospital Initiative.

**Other Important Phone Numbers** (continued)

**Food Pantries**

Emergency Services (East Dayton)	254-2694
Good Neighbor House	224-3003
Salvation Army	225-3000
***Holiday Dinner/Emergency Number	228-8241
St Vincent DePaul	222-3661
The Gospel Mission	223-4513
Wesley Community Center	263-3556

**Grandparent Advocate Program**

Kinship Navigator (Intake)	443-0486
Juvenile Court (Samantha Andrews)	496-7285

**Grief Services (Bereavement)**

Children’s Medical Center (early pregnancy loss, new born/infant loss - Mary Ann Swank)	641-3463
Compassionate Friends (Jan Lehman)	429-1810
Hospice of Dayton	258-4991
Miami Valley Women’s Center (miscarriage, stillbirth & infant loss)	298-2822
Oak Tree Corner	285-0199

**Post Partum Depression:**

Many Shades of Blue	401-6844
	or 1-866-848-3163

For an emergency or crisis call:

Crisis Care (Montgomery Co.)	224-4646
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Tricounty Crisis Hotline (Darke, Miami, Shelby Co.)	1-800-351-7347
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Crisis Line (Preble Co.)	1-866-532-3097
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Crisis HOPELine (Allen, Auglaize, Hardin Co.)	1-800-567-4673
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[www.poemonline.org](http://www.poemonline.org)

[www.postpartum.net](http://www.postpartum.net)

[www.211.org](http://www.211.org)

***The Ten Steps to Successful Breastfeeding for Hospitals and Birth Centers:***

1. Have a written breastfeeding policy that is routinely communicated to all health care staff.
2. Train all health care staff in skills necessary to implement this policy.
3. Inform all pregnant women about the benefits and management of breastfeeding.
4. Help mothers initiate breastfeeding within 30 minutes after birth.
5. Show mothers how to breastfeed and how to maintain lactation even if they should be separated from their infant.
6. Give newborn infants no food or drink other than breastmilk, unless medically indicated.
7. Practice rooming-in, allow mothers and infants to remain together 24 hours a day.
8. Encourage breastfeeding on demand.
9. Give no artificial nipples or pacifiers to breastfeeding infants.
10. Foster the establishment of breastfeeding support groups and refer mothers to them on discharge from the hospital or clinic.

For more information on the baby friendly hospital initiative in the US visit: [www.babyfriendlyusa.org](http://www.babyfriendlyusa.org)

***Southview Medical Center received Baby Friendly Designation in 2008***

**Importance of Breastfeeding**

- Babies are healthier. Breastfeeding protects against many infections, especially ear infections, respiratory infections, digestive disorders, and allergies.
- Mothers who breastfeed have less risk of developing breast cancer.
- Human milk is ideal for human babies. Breastfed babies have improved brain growth and are less likely to die from SIDS.
- Breastfeeding promotes the proper development of baby’s jaw and facial structures.
- Adults who were breastfed have fewer chronic diseases such as diabetes and multiple sclerosis.
- Breastfeeding mothers lose their pregnancy weight gain faster.
- Everybody saves money! Less waste in landfills, diapers smell better, fewer doctor visits for sickness, and less time off work for parents.

**To Get a Good Start at Breastfeeding**

- Breastfeed early and often. Watch your baby for hunger cues. Start within the first ½ -1 hour after birth and feed when your baby shows signs of hunger.
- Avoid bottles and pacifiers, especially until breastfeeding is well established approximately three to four weeks. Your baby needs time to practice, and these items may confuse your baby and reduce milk supply.
- Breastfeeding should be comfortable. Hold your baby close, so that the knees are pointed at you, and help your baby get a deep “latch-on” at the breast. If the nipples or breast hurt, get help right away. Pain is NOT normal.
- Mom and baby need time together to learn how to do the “dance” of breastfeeding. Other chores (cooking, cleaning, and shopping) should be minimized or done by someone else.
- Spend time skin to skin to encourage feedings

**Other Important Phone Numbers**

**Car Seats**

Easter Seals 461-4800x301  
 AAA Miami Valley 224-2826

**Child Abuse**

CARE House 512-1670  
 Montgomery County Children Services 224-5437

**Childcare**

4C’s-Miami valley 220-9660

**Domestic Violence**

Artemis Center  
 for Alternatives to Domestic Violence 461-5091  
 Domestic Violence hotline 222-7233

**Emergency Shelter**

St. Vincent Hotel//DePaul Center 461-7837  
 The Other Place (daytime shelter) 461-7544

**Financial/Utilities**

Community Action Partnership (formerly SCOPE) 341-5000  
 Salvation Army 228-8241  
 Sunrise Center (zip code eligibility) 225-4920

**Employment/Work**

Job Bank 225-5627  
 The Job Center 496-6720  
 Unemployment Compensation 1-800-251-6237

**United Way Helplink**

225-3000

**Help Me Grow**

208-GROW

**Latino Connection**

259-1898

## Is Baby Getting Enough? (continued)

### ***After the first week the baby should:***

- Nurse at least 8-12 times in 24 hours (every 2-3 hours). Remember, the baby is trying to double its weight in 4-6 months.
- Take about 10-30 minutes for each feeding...about the same length as adult mealtimes.
- Be happy, alert and bright-eyed most of the time
- Gain about an ounce a day for the first two months.
- Return to birth weight by 2-4 weeks of age.
- Have 6 or more pale colored, wet diapers in 24 hours
- Have 4 or more yellow stools every day

### ***Call the Lactation Consultant and the baby's doctor if:***

- You think the baby isn't feeding well.
- The infant sucks only briefly, very softly or irregularly.
- The baby is very jaundiced (yellow) and getting more yellow or dry-looking.
- There is any nipple pain or damage (cracks). This may mean the baby isn't on the breast well.
- The baby fights the breast or cries after a minute or two.
- The baby has fewer than 6 wet / 3-4 dirty (stools) diapers a day.
- The baby isn't stooling very much in the first few weeks or has dark green mucus stools. Nothing out means not enough in. After 6 weeks less stooling is normal.
- The baby seems unhappy in pain, weak, tired, or not interested in feeding.

## Breastfeeding Care Providers

Finding and choosing a breastfeeding helper is easier now than ever before. There are many people offering services to help women breastfeed. Different people can help in different ways.

**Primary Care Providers such as doctors, midwives and nurse practitioners** can help with breastfeeding. Some have extra training in lactation (breastfeeding) and can help with many different situations. Others prefer to collaborate with IBCLCs and LLL Leaders. Nurses, dietitians, social workers, speech pathologists, and physical therapists may also be helpful to the breastfeeding mother.

**International Board Certified Lactation Consultants (IBCLCs)** have passed an international exam on breastfeeding knowledge. They can help by phone, in person, or in the hospital, and provide help with difficult breastfeeding problems. They often have equipment available, and unless employed in public service, usually charge a fee for their services.

**La Leche League Leaders (LLL Leaders)** are accredited by La Leche League International to provide telephone help and hold support group meetings. Mother-to-mother information is especially important for many mothers. LLL Groups have free lending libraries and meet monthly. LLL Leaders work as volunteers. Memberships are encouraged.

**Peer Helpers** are breastfeeding mothers who have been trained to offer information about normal breastfeeding and address simple problems. They work closely with other providers.

## Helpful Breastfeeding Resources and Web Sites

### International Lactation Consultant Association (ILCA)

1500 Sunday Drive Suite 102 Raleigh, NC 27607

Phone: (919) 861-5577(919) 787-4916

Web Site: <http://www.ilca.org>

### Ohio Lactation Consultant Association (OLCA)

<http://www.ohio-olca.org>

### La Leche League International

957 N. Plum Grove Rd., POBOX 4079Schaumburg, IL 60173

Phone: (847)519-7730 Web Site: <http://www.llli.org>

24 hour USA LLL helpline: 1-877-4LALECHE

### La Leche League Breastfeeding Support Groups

Although breastfeeding mothers can learn about breastfeeding from breastfeeding books and other nursing mothers, mother-to-mother support groups like La Leche League are good

Cincinnati (513) 357-6455

Dayton Warmline (937) 463-2030

### United States Breastfeeding Committee

<http://www.usbreastfeeding.org>

#### WIC State Breastfeeding Coordinator:

Ann Twiggs (614) 644-8015 [ann.twiggs@odh.ohio.gov](mailto:ann.twiggs@odh.ohio.gov)

Ohio Department of Health

[www.odh.state.oh.us/index.asp](http://www.odh.state.oh.us/index.asp)

- 1) click on ODH Programs 2) bring up Women's Health on pull down bar 3) click on submit at the bottom of the screen
- 4) click on Publications 5) click on Breastfeeding Promotion

### Breastfeeding and Drugs Information

[www.ibreastfeeding.com](http://www.ibreastfeeding.com)

Thomas Hale, PhD, RPh

(806) 354-5529

[neonatal.ttuhscc.edu/lact/](http://neonatal.ttuhscc.edu/lact/)

### Ruth Lawrence Lactation Study Center

(585) 275-0088

[www.nicebreastfeeding.com](http://www.nicebreastfeeding.com)

Infant Risk Center [www.infantrisk.com](http://www.infantrisk.com)

## Is Baby Getting Enough?

Every mother/baby pair is different, and healthy babies may take different amounts. However, these guidelines are common for most babies. At first, the baby is getting rich, yellow colostrum (first milk).

In the first few days, your baby needs to be close to you :

- Baby may be sleepy, nursing for short periods, about every 1-3 hours.
- Baby's stool will be dark green (meconium).
- Nipples and breasts are comfortable throughout and between feedings (no pain).

After 2-4 days your colostrum increases and becomes mature milk:

- Baby still eats every 1-3 hours and is satisfied between feedings.
- Breast and nipples are comfortable – no pain!
- Baby's stools are changing to loose, yellow, seedy stools, increasing in number and amount 3 or more per day
- At least 3-4 wet diapers per day
- You can hear or see evidence of baby swallowing for at least 10 minutes per feeding
- Breasts are fuller before and softer after feedings.
- Baby is stabilizing or gaining weight.

## Your Milk Production

The first milk in your breasts, called *colostrum*, is very special for your baby. It is thick, creamy and yellowish in color – almost like milk concentrate. Colostrum is especially designed to help your baby learn to eat and breathe at the same time; that is why it is thick. About 1 teaspoon to 1 tablespoon per feeding is all that is needed at first. It is the perfect first food and helps protect your baby against infections.

Over the first few days the colostrum starts changing to “mature milk” and gradually becomes thin and bluish-white. Breastmilk is both food, drink, and medicine for your baby. It is balanced to meet all your baby’s needs, and changes according to your baby’s age. When the colostrum starts changing to mature milk, it’s common for your breasts to make more than your baby needs, and the extra may collect in your breasts. The increased blood supply and extra milk may cause you to feel full and tender. **Feeding your baby often will relieve the fullness.**

If your supply gets too far ahead of your baby’s needs and your breasts become very full or swollen, your baby will have trouble getting on the breast (latching on). Apply cool cloths, ice packs, or clean, cold, raw cabbage leaves to reduce swelling. At the same time, try expressing some milk by hand to soften your breast until the baby can latch on. Breast fullness should decrease as your baby learns to empty your breast and your milk supply adjusts to your baby’s needs. If your breasts are still very full and tender after 1-2 days, call your lactation specialist or doctor for help.

### Bright Future Lactation Resource Centre

<http://www.bfirc.com>

### Breastfeeding Education and Resources

<http://www.feist.com/~jriordan>

### Breastfeeding.com

<http://www.breastfeeding.com>

### Centers for Disease Control and Prevention

<http://www.cdc.gov>

### Dept. of Health and Human Services

[www.4woman.gov](http://www.4woman.gov)

### Greater Miami Valley Breastfeeding Coalition

[GMVBFC@yahoo.com](mailto:GMVBFC@yahoo.com)

### Kellymom

<http://www.kellymom.com>

### ProMom

<http://www.promom.org>

### Breastfeeding Equipment

Medela Breastfeeding Equipment 1-800-435-8316

Hollister Breastfeeding Equipment 1-800-323-8750

Bailey Medical Equipment 1-800-413-3216

### Managed Care Pump Referral

Amerigroup (800) 605-3040

Care Source Patients (800) 488-0134

Molina (800) 642-4168

### Pumps to Own

Managed care and some private insurance

**Dayton Children’s Homecare** (937) 641-4663

**Edgepark** (800) 321-0591

[www.edgepark.com](http://www.edgepark.com) FAX (330) 425-4355

**Fidellty** (937) 208-6411

FAX (937) 208-6471

**MedMart** (937) 256-0000

FAX (937) 256-0844

**Mothering Touch** (419) 525-4620

[www.freebreastpump.com](http://www.freebreastpump.com) FAX (419) 522-1626

## Human Milk Banks

The Human Milk Banking Association of North America (HMBANA) is a multidisciplinary group of health care providers that promotes, protects, and supports donor milk banking. HMBANA is the only professional membership association for milk banks in Canada, Mexico and the United States and as such sets the standards and guidelines for donor milk banking for those areas. It was founded in 1985 to:

- Develop guidelines for donor human milk banking practices in North America
- Provide a forum for information sharing among experts in the field on issues related to donor milk banking
- Provide information to the medical community regarding use of donor milk
- Encourage research into the unique properties of human milk for therapeutic and nutritional purposes
- Act as a liaison between member banks and governmental agencies
- Facilitate communication among member banks to assure adequate distribution of donor milk
- Facilitate the establishment of new donor milk banks in North America using HMBANA standards.
- Setting the Standards for Human Milk Banking
- Meeting the Milk Banking Needs for North America
- A Safe Alternative in the Absence of Infant's Own Mother's Milk

info@hmbana.org  
4455 Camp Bowie Blvd. Suite 114-88  
Fort Worth, Texas 76107  
(817) 810-9984  
[www.hmbana.org](http://www.hmbana.org)

## Tips for Successful Pumping

- Human milk should be gently warmed to room or body temperature under warm running water. DO NOT boil it, and DO NOT heat in the microwave.
- Human milk is not homogenized, so the cream will rise to the top. Just swish it gently to remix.

Your baby may not want to take milk in a bottle. Try different size, shape, and slow flow nipples, or silicone (clear) instead of latex (brown). The best device allows the baby to suck and swallow at the same rate and rhythm as on the breast. Your baby may need to be burped more frequently when fed from another method since they may not be able to control the flow as well as they do from the breast. Having someone else offer the feeding may make it easier. Be patient!

## Tips for Successful Pumping

If you and your baby have to be separated for some or all feedings, you will want to collect your milk for your baby. Breastmilk can be pumped or hand-expressed and stored for the times you are apart.

- Pump at about the pattern as your baby would have nursed – about every two hours during the daytime, and about every four hours at night (8-12 times a day).
- Don't let milk stay in your breasts more than 4-5 hours at any one time. This is uncomfortable for you, and will cause supply to decrease.
- Pump for about 10-20 minutes and until the drops stop flowing. Pumping both breasts at the same time may help you get more milk faster.
- Use your hands to massage and compress breast to help fully empty when milk flow slows down.
- Making plenty of milk is usually very easy. If you think your supply is going down, get help right away.
- Store milk in the amounts your baby should eat in a single feeding (1-3 ounces).
- Milk may be stored in hard plastic, glass baby bottles, or mother's milk storage bags. Freshly expressed milk can be kept out several hours if necessary, but ideally should be refrigerated immediately.
- Fresh (not frozen) milk can be stored in the refrigerator 3-5 days for healthy full term infants.
- Breastmilk may be frozen for later use and stored for at least 3 months in your freezer or 6-12 months in a deep freezer at 0°.

Mother's Milk Bank of Ohio



- The gift of breastmilk can make such a difference in the health of an ill or premature infant.
- The mother's Milk Bank of Ohio accepts donated breastmilk from carefully screened, healthy, breast-feeding mothers. The donated milk is pasteurized, tested to ensure that no bacteria exists and then frozen until it is prescribed for a premature infant in need.
- Dayton Children's is the regional collection site for the Mother's Milk Bank of Ohio.

For more information about becoming a donor, call the Mother's Milk Bank of Ohio at 614-544-0813

## **Providers of Breastfeeding (Lactation) Services**

The sources listed on the following pages provide services throughout the Greater Miami Valley. The Region II Perinatal Center Program does not certify or guarantee any services provided. Some breastfeeding services are free, some accept insurance, while others may require payment at time of service. Ask when you call.

### **Breast Pump Rentals**

Breast pumps and accessories may be rented, sold, loaned or given by rental stations, private lactation consultants, and in some cases the WIC Program. Staff may or may not have special knowledge about breastfeeding. Types of equipment and fees may vary, so shop around. Contact the clients Managed Care provider as they may also cover a pump.

#### **Allen County**

**Lima Memorial** (419) 228-3335  
IBCLC OB line (419) 998-4570

**St Rita's Medical Center** (419) 227-3361  
IBCLC (419) 226-4593  
Lactation Consultant (419) 226-9004

**WIC**  
Breastfeeding Coordinator (419) 224-8200

#### **Warren County**

##### **Pump Rental**

Atrium Medical Center (513) 424-2111 Ext 6960  
Pharmacy (513) 420-5045  
Medicine Shoppe Springboro (937) 748-0555

##### **WIC**

Breastfeeding Coordinator (937) 746-9490

**Preble County**

**WIC**

Breastfeeding Coordinator (937) 456-5457ext.234  
Peer helper (937) 456-5457 ext 205

**Putnam County**

**WIC**

Breastfeeding Coordinator (419) 523-5080

**Shelby County**

**Wilson Memorial**

Family Birth Center (800) 589-9641  
Lactation Services (937) 498-5391  
Part- time IBCLC (937) 498-5434  
Sweet Beginnings Lactation Boutique

**WIC**

Breastfeeding Coordinator 937) 498-4637  
peer helpers

**Van Wert County**

**Van Wert County Hospital**

**WIC**

Breastfeeding Coordinator (419) 238-5886  
Peer Helper 419) 605-0777

**Pump Rental**

P&R Medical Connections (419) 238-9828

**Auglaize County**

**Joint Township District** (St. Mary's) 800) 362-4778  
IBCLC (419) 394-3335 ex 1164  
Pump Requests Through Lactation Consultant

**Pump Rental**

Schwieterman Pharmacies:  
New Bremen (419) 629-2336  
Minster (419) 628-2305  
St Mary's (419) 394-3219

**WIC**

Breastfeeding Coordinator (419) 738-3410

**Butler County**

**Ft. Hamilton**

Lactation Consultant (513) 867-2222  
(513) 857-2229

**McCullough-Hyde**

Lactation Consultant (513) 523-2111  
(513) 524-5869

**Breastfeeding Support**

La Leche League of Butler Co. (513)357-6455

**WIC**

Breastfeeding Coordinators and 513) 705-9040  
or WIC Peer Helpers (513) 896-7022

## Champaign County

### WIC

Breastfeeding Coordinator (937) 484-1645  
Peer Helpers (937) 484-1621  
Mom to Mom Support Group: 3rd Tuesday 10-11:30 A

## Clark County

**Springfield Regional Medical Center** (937) 523-1000  
Lactation Consultant (937) 523-3268  
Pump requests refer to Lactation Consultant

### WIC

Breastfeeding Coordinator (937) 325-0464  
or call (937) 322-4947

### Public Health

Clark County Combined Health District (937) 390-5600  
CLC ext. 263 or 289  
Peer Counselor ext 261  
Medela Pump Rental

## Clinton County

**Clinton Memorial** (937) 382-6611  
Nursery (937) 382-9410  
Lactation Educator (937) 382-9795  
Breastfeeding Support Group 3rd Friday 11:30 AM

### WIC

Breastfeeding Coordinator (937) 382-2862  
ext 133

DMED -Medela pump rentals, sales, and supplies;  
accept most insurance plans [www.dmedcares.com](http://www.dmedcares.com)  
(937) 383-6655

## Montgomery County

### Lactation Consultants in Private Practice

Linda Barrett, IBCLC (937) 439-2031  
Centerville, Ohio  
Lactation consultation services, by appointment

Bright Future Lactation Resource Centre  
Linda Smith, BSE, FACCE, IBCLC (937) 438-9458  
[Lindaj@bflrc.com](mailto:Lindaj@bflrc.com) Fax: (937) 438-3229  
Lactation consultation services by appointment  
Professional Education and courses

Geneva Carnahan, IBCLC (937) 256-8367  
Lactation consultation services, home visits by  
appointment.

Jean Cotterman, RNC-E, IBCLC (937) 253-2019  
Lactation consultation services, home visits by  
appointment; special expertise with expectant mothers  
with inverted nipples

### Pump Rental

Geneva Carnahan, IBCLC East Dayton  
private pay and Care Source Rental/ Medela &  
Lactina (937) 256-8367

Med Mart Queen City (937) 256-0000  
private pay and Care Source /Medicaid

## Montgomery County

**Children's Medical Center** - Dayton (937) 641-3000  
Full-time NICU Lactation Consultant ext 8528  
Pumps available for rental or purchase at  
*Kids Care Shop* (937) 641-3000 ext. 8861

**Good Samaritan Hospital** (937) 278-6251  
Part-time IBCLC ext 7362

**Kettering Medical Center** (937) 395-8498  
Full-time IBCLC/ New Parent Line (937) 401-6881  
Pump Requests through KHN Pharmacy  
Insurance not accepted (937) 395-8171

**Miami Valley Hospital** (937) 208-BABY  
Full-time IBCLC in patient (937) 208-6160  
Classes, support group, clinic hours by appointment

**Southview Medical Center** (937) 401-6850  
Full-time IBCLC (937) 401-6848  
First Steps Breastfeeding Support Center  
(937) 401-6881  
Pump Requests  
Insurance not accepted (937) 401-7333

**WIC**  
Breastfeeding Coordinator (937) 225-4581  
(937) 225-5509

**La Leche League** (937) 463-2030  
Call for breastfeeding information and help

## Darke County

**Wayne Healthcare** (937) 548-1014

**Pump Rental**  
Medicine & More (937) 547-1642

### WIC Darke/ Mercer

Breastfeeding Coordinator  
Darke: (937) 547-1776  
Mercer: (419) 584-0037

## Fayette County

**WIC**  
Breastfeeding Coordinator  
IBCLC (740) 333-3552  
Peer helpers (740) 335-5910

## Greene County

**Wright Patterson AFB Med. Ctr.** (937) 522-4781  
IBCLC

**WIC**  
Breastfeeding Coordinator (937) 374-5624  
Part-time IBCLC  
Part-time peer helpers (937) 374-5622  
(937) 374-5635  
(937) 374-5649

**Pump Rental**  
Medicine Shoppe (937) 426-6431

**Hardin and Hancock Counties**

**Blanchard Valley Hospital** (419) 423-5518  
Lactation Consultants Services

**WIC**  
Breastfeeding Coordinator  
Hancock (419) 424-0720  
Hardin (419) 675-2000

**Highland County**

**Highland District** (937) 393-6100  
Full-time IBCLC (937) 393-6118  
Pump Requests Through Lactation Consultant

**WIC**  
Breastfeeding Coordinator (937) 393-3060  
or (937) 981-2953

**Logan County**

**Mary Rutan (Bellefontaine)** (937) 592-4015  
Lactation services and  
pump requests thru OB Dept. (937) 592-9943

**WIC**  
Breastfeeding Coordinator (937) 599-3345  
WIC Peer Helpers (937) 599-3345

**Mercer County**

**Coldwater Community Hospital** (419) 678-2341  
OB dept. (419) 678-5670  
Pumps through Home Health dept. (419) 584-0143

**Pump Rental**  
Coldwater Schwieterman Pharmacy (419) 678-3435

**WIC Mercer/Darke**  
Breastfeeding Coordinator  
Mercer: (419) 584-0037  
Darke: (937) 547-1776

**Miami County**

**Upper Valley Medical Center** (800) 838-8800  
Women’s Services/OB dept. (937) 440-4900  
Part-time IBCLC (937) 440-4906  
Warm Line support (937) 440-4906

**Pump Rental/Purchases**  
Legacy Medical Equipment (937) 335-9199  
Walgreens (937) 339-8341

**WIC**  
Breastfeeding Coordinator (937) 440-5445  
WIC peer helpers (937) 440-5463  
(937) 440-5437  
(937) 215-1620

Breastfeeding Support Group- 2nd Friday of each  
month Hobart Center for County Government