

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

May 2009

The Region II Perinatal Center Program

Is funded in part by the Ohio Department of Health, Public Health– Dayton & Montgomery County, Miami Valley Hospital and The Children’s Medical Center of Dayton

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While this directory is a resource for those working with mothers and babies, pages 22-25 are very useful parent pages!

You may copy any or all of this information!

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 2010 goals to have:

- **75%** of newborns breastfeeding at the time of hospital discharge,
- **50%** breastfeeding at 6 months of age,
- **25%** breastfeeding exclusively at 6 months of age,
- **25%** still breastfeeding at 12 months of age.

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

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 breast milk, 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

***Southview Hospital 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

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.

Other Resources

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 Chapter (513) 357-6455

Dayton Chapter (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

Ohio Department of Health

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

Thomas Hale, PhD, RPh

(806) 354-5529

neonatal.ttuhscc.edu/lact/

Ruth Lawrence

Lactation Study Center

(585) 275-0088

Helpful Breastfeeding Web Sites

Bright Future Lactation Resource Centre

<http://www.bflrc.com>

ProMom

<http://www.promom.org>.

Breastfeeding Education and Resources

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

Breastfeeding.com

<http://www.breastfeeding.com>

Dept. of Health and Human Services

www.4woman.gov

Greater Miami Valley Breastfeeding Coalition

GMVBFC@yahoo.com

Centers for Disease Control and Prevention

<http://www.cdc.gov>

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

ask for customer service

Amerigroup (800) 605-3040

Care Source Patients (800) 488-0134

Molina (800) 642-4168

Purchase pumps

Managed care and some private insurance

Edgepark (800)321-0591

www.edgepark.com FAX (330)425-4355

Fidellty (937) 208-6411

FAX (937) 208-6471

MedMart (937) 256-000

FAX (937)256-0844

Mothering Touch (419) 525-4620

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

3000 New Bern Ave.
Raleigh, NC 27610
(919) 350-8599
www.hmbana.org

Mother's Milk Bank of Ohio



**Grant Medical
Center
OhioHealth**

- 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

Hospitals

Lima Memorial	(419) 228-3335
IBCLC OB line	(419) 998-4570
Pump requests	refer to Lactation Consultant

St Rita's Medical Center	(419) 227-3361
IBCLC	(419) 226-4593
Pump requests	refer to
Lactation Consultant	(419)226-9004

WIC

Breastfeeding Coordinator	(419) 224-8200
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Auglaize County

Hospital

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

Pump Rental

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

WIC

Breastfeeding Coordinator (419) 738-3410

Butler County

Hospitals

Ft. Hamilton (513) 867-2222
Lactation Consultant (513) 857-2229

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

Breastfeeding Support

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

WIC

Breastfeeding Coordinator
Middletown: (513) 705-9040
Hamilton: (513) 896-7022

Champaign County

Pump Rental

Mercy Well Child Clinic (937) 653-5231 ext.3263

WIC Champaign

Breastfeeding Coordinator (937) 484-1605

Clark County

Hospital

Springfield Regional Medical Center (937) 328-9236

Lactation Consultant (937) 328-9350

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

Hospital

Clinton Memorial (937) 382-6611

Nursery (937) 382-9410

Lactation Consultant (937) 283-9882

Pump Requests Through Lactation Consultant

Breastfeeding Support Group 3rd Friday 11:30 AM

WIC

Breastfeeding Coordinator (937) 382-2862

Darke County

Hospital

Wayne Hospital (937) 548-1014
IBCLC
Pump Requests for Patients Only

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

WIC Darke/ Mercer

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

Fayette County

Hospital

Fayette Memorial (740) 335-1212
Full-time IBCLC Birth Center (740) 333-2855
Pump Requests Through Lactation Consultant
(740) 505-2695

WIC

To get on WIC (740) 333-3552
Breastfeeding referral use Hospital LC

Greene County

Hospital

Greene Memorial (937) 352-2355
(937) 352-2350 (OB)
Medela Pump Rentals (937) 352-2355
(no ob services after July 1, 2009)

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

WIC

Breastfeeding Coordinator (937) 374-5642
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

Hospital

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

Hospital

Mary Rutan (Bellefontaine) (937) 592-4015
Pump rental thru OB Dept. ext 4335

WIC

Breastfeeding Coordinator (937) 599-3345

Mercer County

Hospital

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

Hospital

Upper Valley Medical Center (800) 838-8800
OB dept. (937) 440-4900
Full-time IBCLC (937) 440-4906
Lactation Consultant in private practice
Melissa Strickland, BS, IBCLC (937) 477-9737

Pump Rental

Legacy Medical Equipment (937) 335-9199
Walgreens (937) 339-8341

WIC

Breastfeeding Coordinator (937) 440-5483

Montgomery County

Hospitals

Children's Medical Center - Dayton (937) 641-3000
Full-time NICU Lactation Consultant ext 8528
Pump requests for CMC patients only

Good Samaritan Hospital (937) 278-6251
Part-time IBCLC ext 7362
Pump Requests Through Lactation Consultant

Kettering Medical Center (937) 298-3399
Full-time IBCLC ext 57584
or New Parent Line (937) 395-8870
Pump Requests Through the Apothecary ext 58171

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

Montgomery County cont.

Southview Hospital (937) 401-6850
Full-time IBCLC (937) 401-6848
Pump Rental through Apothecary (937) 401-7333

WIC

Breastfeeding Coordinator (937) 225-4581
Office: (937) 225-5509
Breastfeeding Support
La Leche League (937) 463-2030

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 Fax: (937) 438-3229
Lactation consultation services by appointment

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 Lactina (937) 256-8367

Good Samaritan Hospital (937)278-6251
Insurance not accepted EX 7362

KHN Pharmacy insurance not accepted
@ Kettering Medical Center (937)395-8171

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

Southview Hospital & Family Health Center
Insurance not accepted (937) 438-1333

Preble County

WIC

Breastfeeding Coordinator (937) 456-5457

Putnam County

WIC

Breastfeeding Coordinator (419) 523-5080

Shelby County

Hospital

Wilson Memorial (800) 589-9641
Birthing Center (937) 498-5391
Lactation Services (937)498-5434

Pump Rental

Bunny's Pharmacy
(Medela Classic) (937) 492-4550
Schwieterman's (419) 678-3435

WIC Shelby

Breastfeeding Coordinator (937) 498-4637

Van Wert County

Hospital

Van Wert County Hospital
Lactation Services (IBCLC) 419-238-8672

Pump Rental

P&R Medical Connections (419)-238-9828

WIC

Breastfeeding Coordinator (419) 238-5886

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

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.
- 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.
- Breastmilk may be frozen for later use and stored for at least 3 months in your freezer or 6-12 in a deep freezer at 0°.
- 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!

Your Milk Supply

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.

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 baby swallowing for at least 10 minutes per feeding
- Breasts are fuller before and softer after feedings.
- Baby is stabilizing or gaining weight.

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.

Family Resource Guide Dayton and Montgomery County

Car Seats:

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

Child Abuse:

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

Domestic Violence:

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

Childcare:

4C's-Miami valley 220-9660
Dayton Association for Young Children 223-DAYC

Employment:

Career Transition Center 496-7397
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

Post Partum Depression:

Many Shades of Blue 401-6844
Crisis care 224-4646

Public Health Dayton and Montgomery County

Information and referral (937)225-5700
Immunizations 225-4550
Prenatal and Women's Health 225-4484
Birth Certificates 496-3117

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.

NOTES

Printed by:

The Children's Medical Center of Dayton
perinatal education
and partial funding from
Region II Perinatal Center Program
(funded in part by a grant from ODH)

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05/09