

♥ CARLTON COUNTY RESOURCES FOR BREASTFEEDING FAMILIES ♥

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| Certified Lactation Counselors Carlton County Public Health 14 N. 11 th Street Cloquet, MN 55720 http://www.co.carlton.mn.us go to County Departments H-Z, Public Health and Human Services, Public Health, Parent & Child Health Programs | 218-879-4511 1-888-818-4511 | Becky Rud RN, PHN, CLC Janessa Novak, RN, PHN, CLC Juanita O'Connor, RN, CLC Nicolle Lourey, RN, CLC Or any Parent Child Health Nurse |
| Fond du Lac Public Health | 218-879-1227 | |
| International Board Certified Lactation Consultant Pam Galle, IBCLC, Private Practice | 218-340-6203 (cell) | |
| La Leche League, Breastfeeding Support http://www.llli.org | | |
| Community Memorial Hospital OB/GYN | 218-879-4641 | |
| Mercy Hospital (ask for OB Department) | 218-485-4481 | |
| Healthy Northland Breastfeeding Page http://www.healthynorthland.org go to Clinical Care, Visit the Healthy Northland Breastfeeding page | | |
| WIC Program Minnesota WIC (Women Infants and Children) Program provides pregnant women, new mothers and young children with nutrition information, breast feeding education and support through our Peer Counselor, referrals to health services and access to wholesome foods. Income-eligible women who are pregnant, breastfeeding or recently had a baby, infants, and children until their fifth birthday can participate. Call or go to http://www.co.carlton.mn.us County Departments H-Z, Public Health and Human Services, Public Health, WIC for more information | 218-878-2853 1-888-818-4511 | Jenny Barta, RN, PHN, CLS Nicolle Lourey, RN, CLC Alyssa Olson, Breastfeeding Peer Counselor |

BREASTFEEDING SUPPLIES TO RENT OR PURCHASE

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| Ameda | amedaonline.com |
| Medela | 1-800-435-8316 |
| Essentia Medical 4418 Haines Road Airport Plaza, Suite 1200 Duluth, MN 55811 | Medela & Ameda Breast Pumps and Tubing/Supplies for sale or rent Will take MA and Health Plan payments 1-218-722-3420 Fax: 1-218-720-6158 |
| Lake Superior Medical Equipment 522 E. 4 th Street Duluth, MN 55805 | Medela & Ameda Breast Pumps and Tubing/ Supplies for sale or rent Will take MA and Health Plans 1-218-727-0600 |
| Lake Superior Medical Equipment 305 Broadway Street Cloquet, MN 55720 Business hours: 8:30-5:00 M-F | Medela & Ameda Breast Pumps and Tubing/ Supplies for sale or rent Will take MA and Health Plans 1-218-879-2211 FAX: 1-218-879-2233 |

STEPS TO GET BREAST PUMP

- 1) Speak with your OB nurse about getting a breast pump in the hospital.
- 2) Call your doctor, ask doctor to fax prescription for double electric pump to supplier of your choice.
This prescription may need to be in baby's name if mom is not the one on Medical Assistance.
- 3) Call supplier, give them your name and insurance information (or baby's name and information) and tell them to expect doctor's fax.
- 4) Pick up the breast pump or ask if supplier will ship it out (it usually will be same day or next day).

Should I Breastfeed MY baby?



Why Breastfeeding is important...
Breastfeeding **protects** babies. **How?** Early breast milk is **liquid gold**. This milk is rich in nutrients and antibodies to protect your baby! Breast milk is also easier to digest and breast milk **FIGHTS** disease!

MOTHERS

benefit from Breastfeeding...
Breastfeeding can make life easier. When you breastfeed, there are no bottles and nipples to sterilize. You don't have to **BUY**, mix, or warm the formula. **PLUS** breastfeeding is good for the **mother's health**. Breastfeeding is linked to lower risk of breast cancer, type 2 diabetes, ovarian cancer, and postpartum depression.



Help is just a phone call away!

See other side of this flyer for resource information.