

Polk County Breastfeeding Resource List

Breastfeeding Support

➤ Lactation Consultants

- **Mercy Lactation Center** 358-2082
 - Mercy Breastfeeding Support Group meets on the 2nd and 4th Tuesday
- **Iowa Methodist/Lutheran Lactation Services** 241-6570
 - Iowa Lutheran Breastfeeding Support Group meets every Wednesday

➤ Broadlawn Medical Center

- **Family Birthing Center** 282-2260
- **WIC Program** 282-5800 or 263-5660

➤ La Leche League

- **Des Moines/Metro Area** 279-5244
 - Des Moines La Leche League Breastfeeding Support Group meets various times

➤ Visiting Nurse Services

558-9946 or 557-9032

➤ Young Women's Resource Center

244-4901

➤ Basking Babies

210-1868

- **Basking Babies Breastfeeding Support Group** meets on the last Wednesday
 - The Support group is free. Other services are available for a fee.

Breastfeeding Websites

➤ For Health Care Providers

The Joint Commission
www.jointcommission.org/speakup_breastfeeding

American Academy of Pediatrics
www.aap.org

Academy of Breastfeeding Medicine
www.bfmed.org

Toxicology Data Network (select LactMed)
www.toxnet.nlm.nih.gov

National Association of Pediatric Nurse Practitioners
www.napnap.org

Assoc. of Women's Health, OB & Neonatal Nurses
www.awhonn.org

➤ Of General Interest

Baby Friendly Hospital Initiative
www.babyfriendlyusa.org

Breastfeeding for Moms
www.breastfeeding.com

La Leche League International
www.lalecheleague.org

US Department of Health & Human Services
www.womenshealth.gov/breastfeeding

Iowa Breastfeeding Coalition
www.iabreastfeeding.org

➤ For parents

www.askdrsears.com

www.babygooroo.com

www.kellymom.com