Discussion Groups

These online spaces are great for breastfeeding moms to share information with one another! Just be sure to check with your health care provider for accurate medical advice.

KellyMom.com—Breastfeeding & Parenting
www.kellymom.com
@KellyMomdotcom

La Leche League Mother-to-Mother Forums
forums.llli.org
@LaLecheLeague1

Mothering.com—Inspiring Natural Families
www.mothering.com/community/f/

Motherwear's Breastfeeding Blog
breastfeeding.blog.motherwear.com

Secrets of Baby Behavior
www.secretsofbabybehavior.com

Medications

Always consult a licensed health care professional before taking over-the-counter, prescription medications, or dietary and herbal supplements.

For online information regarding medications and breastfeeding:

LactMed—Drugs & Lactation Database
www.toxnet.nlm.nih.gov/cgi-bin/sis/htmlgen?LACT

Infant Risk Center
www.infantrisk.com

Websites

WORKING MOMS

BreastmilkCounts.com—Working Moms
www.breastmilkcounts.com/working-moms.html

WomensHealth.gov—Business Case for Breastfeeding
www.womenshealth.gov/breastfeeding/government-in-action/business-case-for-breastfeeding/

WorkAndPump.com—Breastfeeding for Working Mothers
www.workandpump.com

Is your employer a good supporter of breastfeeding?
Washtenaw County Business Breastfeeding Support
www.washtenawbfcoalition.org

DADS

March of Dimes—About Your New Baby
www.marchofdimes.com/baby/baby.html
@marchofdimes

24-Hour Cribside Assistance
www.newdadmanual.ca
@newdadmanual

WASHTENAW COUNTY PUBLIC HEALTH
... focused on prevention

"This institution is an equal opportunity provider."

Developed by Patti Ramos, MPH, DI

WASHTENAW COUNTY

Breastfeeding Connections

A Resource Guide for Breastfeeding Families

Free Breastfeeding Support

Breastfeeding Center of Ann Arbor (734) 975-6534
www.bfcaa.com

Indigo Forest, *Ann Arbor* (734) 994-8010
visitindigo.com

La Leche League of Ann Arbor (734) 332-9080
www.lllaa.org

Muslim Mommies Support Group (734) 330-9317

Peer to Peer Support
For WIC clients only *Keleigh Lee* (734) 218-0348

Women, Infant, & Children (WIC) Program
Gayathri Akella, MS, RD, IBCLC (734) 544-6794

Susana Arias, RD (734) 544-6800
Spainish-speaking

WIC Peer Counselors: (734)544-2995
Rose Coleman
Teen Breastfeeding Specialist
Erica McLeod
April Herzig
Tamika Witherspoon

Prenatal Breastfeeding Classes

Center for the Childbearing Years (734) 663-1523

Lamaze Family Center of Ann Arbor (734) 973-1014

St. Joseph Mercy Hospital (800) 231-2211
www.sjmercyhealth.org

Ypsilanti Public Health Department (734) 544-6800

Lactation Consultants

All consultants are International Board Certified Lactation Consultants (IBCLCs). Fee involved.

Amy Slotten, RN, IBCLC (734) 945-4765

Barb Martinez, RN (734) 645-1351

Barbara Robertson, MA, IBCLC, RLC (734) 975-6534

Keleigh Lee, MS, IBCLC (734) 218-0348

Marilee Woodworth, IBCLC (734) 995-3155

Sherril Black, LPN, IBCLC (734) 718-2061

Portpartum Depression Support Group of Greater Ann Arbor (734) 418-2683
www.ppd-annarbor.org

Lisa Hartmann, IBCLC (734) 846-1922

Breast Pumps

RENT ONLY

Busch's Pharmacy Stores
Ann Arbor (Green Road) (734) 994-7246
Dexter (734) 424-0398
Saline (734) 994-4333

Indigo Forest, *Ann Arbor* (734) 994-8010

Women, Infants, & Children (WIC) Program (734) 544-3600
For WIC clients only

SALES ONLY

Babies R Us, *Ypsilanti* (734) 477-0943

Breastfeeding Center of Ann Arbor (734) 975-6534

My Urban Toddler, *Saline* (734) 944-3628

Nature's Best, *Dexter* (734) 645-1351

RENT & SALES

Advanced Medical Solutions, *Ypsilanti* (734) 528-2522

MedEQUIP, *Ann Arbor* (734) 971-0975