

Breastfeeding Resources

University of Cincinnati Main Campus Hospital Lactation Line: 513-584-5257

Hoxworth Center for Women's Health Lactation Warm Line: 513-584-2202 (Alison, LC)

- ❖ One-on-one appointments available with a Lactation Consultant **513-584-5239 (LADY)**

Ohio Department of Health Breastfeeding Hotline: 1-888-588-3423 Available 24/7

- ❖ You can text BFHOTLINE to 839863

Global Health Media globalhealthmedia.org/videos – Search breastfeeding

Community Resources

- ❖ **Southwest Ohio Breastfeeding Coalition** swohio-bc.org/breastfeeding-help
- ❖ **WIC Women, Infants & Children** wicbreastfeeding.fns.usda.gov/breastfeeding-101
- ❖ **AMEN! All Moms Empowered to Nurse** Amencincy.org/
- ❖ **Queens Village Cincinnati** blackwomenforthewin.com/chapters/Cincinnati
- ❖ **Cradle Cincinnati** cradlecincinnati.org
- ❖ **Mama Certified** mamacertified.org
- ❖ **L.E.C.H.E. Latinas Empowered to Choose Health Excellence** grupoleche.org
- ❖ **BOOBS – Breastfeeding Outreach for Our Beautiful Sisters** breastfeeding-boobs.com
- ❖ **ROSE – Reaching Our Sisters Everywhere** breastfeedingrose.org/

Medication Safety Resources

- ❖ **Infant Risk: 1-806-352-2519** from 8 am to 3 pm or infantrisk.com
- ❖ **LactMed** ncbi.nlm.nih.gov/books/NBK501922
- ❖ **Spanish Resource** e-lactancia.org

Cincinnati Children's Center for Breastfeeding Medicine: 513-636-2326

- ❖ cincinnatichildrens.org/service/c/breastfeeding

Equal Employment Opportunity – Pregnancy Discrimination eeoc.gov/pregnancy-discrimination

Federal Law, Returning to Work and Pumping dol.gov/agencies/whd/pump-at-work

Ohio Health Mother's Milk Bank: Call 614-566-0630 to start the donation process

- ❖ Ohiohealth.com/services/womens-health/ohiohealth-mothers-milk-bank

Baby Café – free, weekly, in person support and encouragement group

- ❖ Meet other mothers, share tips and socialize in a relaxed, supportive environment
- ❖ **Wednesdays** 10 am to 1130 am
 - ❖ **West Chester Hospital**, 3rd Floor Family Waiting Area
7700 University Drive, West Chester, OH 45069
- ❖ **Thursdays** 2 pm to 3:30 pm
 - ❖ **UC Health - Hoxworth Building**, 1st Floor, Room 1484
 - ❖ 3130 Highland Ave., Cincinnati, OH 45219

Items You Might Find Helpful for Breastfeeding and Pumping

Nursing Pillow – My Breast Friend

Nursing Bra – one with clips on the straps for easy access

Pumping Bra – hold flanges on so you can be hands free

Flange Inserts – silicone inserts to ensure proper flange fit

Nipple Cream – Lanolin or Nipple Butter

Breast Pads – help with leaking milk (washable or disposable)

WIC Breastfeeding Support

WIC offers breastfeeding support and encouragement for pregnant and postpartum moms; breastfeeding peers (mom-to-mom breastfeeding support); classes, handouts, and pumps; as well as baby weight checks.

Hamilton County WIC has a YouTube channel with helpful videos [youtube.com/c/hamiltoncountywic](https://www.youtube.com/c/hamiltoncountywic) and a Spanish speaking Dietitian, Certified Lactation Counselor at the 7 Hills office at 513-522-4300.



Butler County

513-896-7022

Clermont County

513-515-2650

Hamilton County

513-821-6813

Northern Kentucky

859-363-2113

Warren County

513-695-1217

WIC families have free transportation available via Medicaid. Call the 1-800 number on back of Medicaid card for free transportation. Call at least two business days ahead.

Cincinnati/Hamilton County WIC Lactation Center

Roselawn WIC office

7162 Reading Rd, 8th floor

Free Breastfeeding Support – Walk-Ins Welcome, call first 513-821-6813

Free In-Person Breastfeeding Class – 3rd Monday of the month at 11 am

Free Virtual Breastfeeding Class – 3rd Wednesday of the month at 1 pm

Visit uhealth.com/women to view our Education & Resources section for more information on our classes, support groups & more.