


regional breastfeeding services directory

2020



dayton
children's



Dayton Children's is pleased to support and fund the printing and distribution of this **Regional Breastfeeding Services Directory** to assist health care providers to connect moms with services to help them reach their breastfeeding goals.

We strive to produce the most up-to-date directory. If you identify changes that need to be made, please contact:

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or

937-641-3543 ext. 4742

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This directory is a resource for those working with mothers and babies. This list may not include every group/organization that can provide breastfeeding support, or best contact number, but reflects the information known at the time of printing.

You may copy any or all of this information!

***This directory can also be found on the web at:
www.daytonchildrensregionalbreastfeedingdirectory***

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

**Breastfeeding Report Card
United States, 2018**

Overview

Breastfeeding, with its many known health benefits for infants, children, and mothers, is a key strategy to improve public health. The American Academy of Pediatrics recommends that infants be exclusively breastfed for about the first 6 months with continued breastfeeding alongside introduction of complementary foods for at least 1 year. To track our nation's progress on achieving the Healthy People 2020 goals, CDC's 2018 Breastfeeding Report Card provides a compilation of data on breastfeeding practices and supports in all states, the District of Columbia (DC), Puerto Rico, Guam, and the US Virgin Islands.

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 2020 goals**.

Those goals are to have:

- 81.9%** of newborns breastfeeding
- 46.2%** breastfeeding exclusively at 3 months of age
- 60.6%** breastfeeding at 6 months of age
- 25.5%** breastfeeding exclusively at 6 months of age
- 34.1%** still breastfeeding at 12 months of age
- 38%** of employers providing an on-site lactation/mother's room
- And to decrease to 14.2%** of breastfeeding newborns who receive formula supplementation within the first 2 days of life

According to the CDC we are nationally not meeting these HP2020 goals and Ohio rates are even lower than the national average. We have much work to do in supporting breastfeeding mothers in Ohio.

National 2018 CDC Report Card

- 83.2% Ever breastfed
- 46.9% Breastfeeding exclusively at 3 months
- 24.9% Breastfeeding exclusively at 6 months
- 57.6% Breastfeeding at 6 months
- 35.9% Breastfeeding at 12 months

Ohio's 2018 Breastfeeding Report Card

- 81.9% Ever breastfeed
- 44.4% Breastfeeding exclusively at 3 months
- 23.7% Breastfeeding exclusively at 6 months
- 53.1% Breastfeeding at 6 months
- 30.7% Breastfeeding at 12 months

Centers for Disease Control and Prevention
National Center for Chronic Disease Prevention
and Health Promotion
www.cdc.gov/breastfeeding

The Ten Steps to Successful Breastfeeding for Hospitals and Birth Centers

- Have a written breastfeeding policy that is routinely communicated to all health care staff.
- Train all health care staff in skills necessary to implement this policy.
- Inform all pregnant women about the benefits and management of breastfeeding.
- Help mothers initiate breastfeeding within 30 minutes after birth.
- Show mothers how to breastfeed and how to maintain lactation even if they should be separated from their infant.
- Give newborn infants no food or drink other than breastmilk, unless medically indicated.
- Practice rooming-in, allow mothers and infants to remain together 24 hours a day.
- Encourage breastfeeding on demand.
- Give no artificial nipples or pacifiers to breastfeeding infants.
- 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

Health care systems should ensure that maternity care practices provide education and counseling on breastfeeding. Hospitals should become more “baby-friendly,” by taking steps like those recommended by the UNICEF/WHO’s Baby-Friendly Hospital Initiative.”

*Regina A. Benjamin, MD, MBA
US Surgeon General*

Ten Steps for Promoting and Protecting Breastfeeding for Vulnerable Infants

While those ten steps are important for the successful initiation of breastfeeding in a birth hospital setting, they focus on the healthy, full-term infants.

The following ten steps promote and protect breastfeeding in vulnerable infants:

- Informed decision
- Establishment and maintenance of milk supply
- Breast milk management
- Feeding of breast milk
- Skin-to-Skin care (SSC)
- Nonnutritive sucking at the breast
- Transition to breast
- Measuring milk transfer
- Prepare for discharge
- Appropriate follow-up

When mothers of these vulnerable infants initiate breast milk collection, either by hand expression or by pumping until the infant can nurse at the breast, they are providing their milk as medicine for their infants.

You can make a difference by using and supporting the 10-step process to promote and protect breastfeeding for vulnerable infants.

Spatz DL Ten steps for promoting and protecting breastfeeding for vulnerable infants . J Perinat Neonatal Nurs. 2004;18:385-396

The 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.

Estimated savings of artificial infant milk is \$1,200-1,500 in the first year.

This savings doesn't include medical expenses in the first year and over a lifetime.

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.

Explanation of 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.

Certified Lactation Counselors (CLC) receive certification through the ANCC and provide in-patient and outpatient care in hospitals, clinics and the community.

Helpful Breastfeeding Resources

International Lactation Consultant Association (ILCA)

110 Horizon Drive, Suite 210, Raleigh, NC 27615
Phone: (919) 861-5577 toll free 1-888-452-2478
Web Site: <http://www.ilca.org>

Ohio Lactation Consultant Association (OLCA)

<http://www.ohio-olca.org>

La Leche League International

110 Horizon Drive, Suite 210, Raleigh, NC 27615
Phone: (847) 459-2167 toll free 1-800-525-3243
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 Warm-line (513) 357-6455

United States Breastfeeding Committee

<http://www.usbreastfeeding.org>

WIC State Breastfeeding Coordinator

Meagan Richardson, RN, LD, CLC
Phone: (614) 644-8299
Meagan.richardson@odh.ohio.gov

Breastfeeding USA

Phone: (937) 405-6103 – Mary
E-mail: Mary.ft@breastfeedingUSA.org
Facebook: Wright-Patt Nature & Nurture Nursing Support Group

BREASTFEEDING AND DRUGS INFORMATION:

- Thomas Hale, PhD, RPh (806) 352-2519
- Ruth Lawrence Lactation Study Center (585) 275-0088
- www.nicebreastfeeding.com
- Infant Risk Center www.infantrisk.com
- Bfmed.org

APPS:

- Coffective
- Breastfeeding [Solutions](#)
- LatchMe
- Lamaze International: Pregnancy to Parenting
- Lactmed (Medical information)
- Pump Log

FACEBOOK:

- Central Ohio Breastfeeding Coalition
- Breastfeeding Mama Talk
- La Leche League of Ohio
- Breastfeeding Support Group for Black Women of Central Ohio (Also monthly meetings.)
- Mocha Milk Mommy's Breastfeeding Support Group
- Black Women Do Breastfeed
- Breast is Best Without Fear
- Breastfeeding USA
- Post Partum Depression-Many Shades of Blue

WEBSITES:

Resource for breastfeeding and parenting information:

- Kellymom.com
- Illi.org
- Breastfeeding.com
- Healthline.com
- Healthychildren.org
- Mothertobaby.org
- Breastfeedingmamataalk.com
- Promom.org
- Newborns.stanford.edu/breastfeeding
- Babycenter.com
- ACOG.org
- Familydoctor.org/breastfeedinghints

Breastfeeding information in other languages:

- Breastfeedinginc.ca
- medlineplus.gov/languages/breastfeeding.html

Breastfeeding issues:

- BFAR.org (Breastfeeding after reduction surgery.)
- lowmilksupply.org

Medication safety for pregnant and breastfeeding moms:

- Infantrisk.com

Resources for African American Mothers:

- Mochamanual.com/bb
- Blackwomendobreastfeed.org

Working and breastfeeding:

- Workandpump.com
- womenshealth.gov/breastfeeding/employer-solutions/

Bright Future Lactation Resource Centre

<http://www.bfirc.com>

Breastfeeding Education and Resources

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

Centers for Disease Control and Prevention

<http://www.cdc.gov>

-Dayton Regional Postpartum Depression Support Network
www.poemonline.org

Dept. of Health and Human Services

www.4woman.org

- postpartum.net
- www.postpartumprogress.typepad.com

Greater Miami Valley Breastfeeding Coalition

GMVBFC@yahoogroups.com

-www.appalachianbreastfeedingnetwork.org

Breastfeeding Resource Center

(Provides clinical and educational services.)

<http://www.breastfeedingresourcecenter.org>

BOOKS:

- **The Baby Book: Everything You Need To Know About Your Baby – From Birth to Age Two** by William & Martha Sears
- **The Womanly Art of Breastfeeding** by La Leche League
- **The Nursing Mother's Companion** by Kathleen Hugging
- **Mothering Multiples** by Karen Gromada
- **Nursing mother, Working Mother** by Gale Pryor

Why La Leche League?

We should have learned breastfeeding as we grew up watching our sisters, mothers, and neighbors, all of whom nursed their own children. La Leche League brings that easy-going mother-to-mother knowledge back. At monthly meetings...

You can look. No two people at a meeting will have the same parenting style. You'll see things that might work for you and things that wouldn't. Try what you like and leave the rest.

You can listen. Some women just want to sit and listen when they come. No one will pressure you to talk if you don't want to.

You can ask questions. Is this a normal breastmilk diaper? How can I get my baby to sleep? Where can I find a good bra? How will I cope with critics? What do I do with a crying baby?

You can find a playgroup. Playgroups are for mothers, not children, and finding a group of women who are raising their babies the way you are can make your job much easier. Some of the playgroup friendships that start at a La Leche League meeting last long after the children are grown.

You can find other resources. Looking for books? The name of a breastfeeding helper in your sister-in-law's hometown? Information on jaundice or increasing a milk supply? Breastfeeding literature in Korean? La Leche League is a great place to start.

You can talk to someone any time. La Leche League's breastfeeding counselors are just a phone call away, any time you need to talk.

You can "get out" with your baby. The meetings are designed with babies in mind. They're informal, there are toys for toddlers and snacks for everyone, and no one will mind if you nurse, change a diaper, soothe a fretful baby, come late, or leave early. It feels good to get out of the house with your baby. What better place to come?

You can complain. No relationship is all roses. Sometimes it helps to complain among people who have "been there". You can do it at a La Leche League meeting. Whatever you're going through, someone there will have had something similar.

You can help someone else. When you come to a La Leche League meeting, you don't just learn from other women; other women have a chance to learn from you. You become part of the pattern of ripples that began at the first La Leche League meeting in 1956. Those ripples have spread around the world and are still felt at all the mother-to-mother get-togethers that are the heart of La Leche League. For La Leche League International's Helpline, call 1-877-452-5324, LLLI Administration at 800-525-3243 or go to www.llli.org.

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14850 www.wiessinger.baka.com

For breastfeeding help in the Dayton area, you may call a local La Leche League Leader. You may also call the hospital where you delivered and speak to their Lactation Consultants or the Public Health Dayton and Montgomery County WIC Breastfeeding Offices: Charles R. Drew Health Center – 225-5509 or 225-4578, Sunrise Center – 225-5545 or Miamisburg – 224-3885.



How to Contact
La Leche League
in the Greater Miami Valley
www.lloho.org

Breastfeeding is natural, but like childbirth, is much easier with preparation. Whether you are currently breastfeeding or thinking about nursing your soon-to-arrive baby, La Leche League meetings can provide an opportunity for you to obtain accurate, up-to-date information as well as mother-to-mother support and encouragement. Listed are the Dayton area La Leche League Groups, their monthly meeting schedules and the Leaders to contact for meeting place, further information and help. You are welcome at any or all of these Groups.

MONTGOMERY COUNTY:

(Area Code 937 except where indicated.)

CENTERVILLE & SURROUNDING AREAS

Every 3rd Tuesday, 7:00 pm Jan-Oct

Every 2nd Tuesday, 7:00 pm Nov-Dec

Linda 439-2031 Jackie 620-6070

EAST DAYTON

Every 2nd Tuesday, 7 pm

Amanda 723-7252 Gina 344-4070

Geneva 256-8367

HUBER HEIGHTS

Phone help only.

Bobbi 620-7104

OAKWOOD CAFÉ'

Every Tuesday, 10:30 am

Ann 294-460 Amanda 723-7252

VANDALIA

Every 3rd Saturday, 10:00 am

Bobbi 620-7104

SURROUNDING COUNTIES:

(Area Code 937 except where indicated.)

ALLEN COUNTY - LIMA

Every 2nd Tuesday, 7:00 pm

St. Charles Church, 2200 Elm Street (419) 339-9848

BUTLER COUNTY – FAIRFIELD

Every 3rd Friday, 10:00 am (513) 203-9433

BUTLER COUNTY - OXFORD

Every 4th Saturday – call first

Emily (513) 461-0331

DARKE COUNTY – GREENVILLE

Every 2nd Tuesday, 7:00 pm

Kristin 417-4201 Hope 621-4153

FRANKLIN COUNTY – DRIVING PARK

Call for meeting times.

Rachel (614) 772-3031

FRANKLIN COUNTY – UPPER ARLINGTON

Call for meeting times.

Susan (614) 746-8048

GREEN COUNTY – BEAVERCREEK

Every 1st Wednesday, 10:30 am

Amanda – (765) 532-1612

Ann – 294-4609

GREEN COUNTY – YELLOW SPRINGS

Phone and E-mail help - see website.

Laura 767-1097 Sylvia 708-6252

MERCER COUNTY – CELINA

Every 2nd Tuesday, 7:00 pm

Karen (419) 733-6761

**NORTHERN KENTUCKY MULTIPLES
& SINGLETONS**

Every 2nd Thursday, 6:30 pm

(Also on-line meetings LLL Facebook
Multiples page.)

Dee (513) 724-3313

La Leche League was founded to give information and encouragement, mainly through personal help, to all mothers who want to breastfeed their babies. While complementing the care of the physician and other healthcare professionals, LLL recognizes the unique importance of one mother helping another. La Leche League Leaders are trained, experienced mothers who have nursed their own children and volunteer their time to help other mothers breastfeed their babies.

Please visit La Leche League International's website: <http://llli.org/>

To find other La Leche League of Ohio Leaders and Groups, please visit: <http://www.llohio.org>

La Leche League Dayton Pump Info: (937) 256-8367

Join our individual Groups on Facebook!

Be sure to read The Womanly Art of Breastfeeding, 8th Revised Edition!

Mothering Multiples by Karen Gromada

Revised 12-5-19

LOCAL MEDICAID & MANAGED CARE PUMP PROVIDERS

****CALL PROVIDER FIRST to order pump and get additional information, provide needed information, check on pump availability and/or make an appointment if needed.****
All pumps require prescription with personal, baby, doctor and insurance information

Apria Healthcare, Inc.

Ph: 937-865-248

2048 South Alex Road

Dayton, OH 45449

Insurance: Call for information. Primarily only private insurances accepted.

Community Mercy Home Medical Equipment

Ph: 937-390-9990 Fax: 937-390-9991

1702 North Limestone Street, Springfield, OH 45503

Insurance: CareSource, Medicaid Call for information on private insurances. Does not take Cigna.

Shipping: Must be picked up.

Dayton Children's Homecare

Ph: 937-641-4663 Fax: 937-641-5339

18 Children's Plaza, Dayton, OH 45404

Insurance: Most private and Medicaid insurance. (Does not accept Buckeye, UHC Community Plan or Anthem Federal.)

Pumps: Medela Pump-in-Style Advance starter

Pick-up: Pick-up once approved

Monday - Friday 8 am - 4:30 pm

Rental: Medela Symphony

Fidelity Health Care

Ph: 937-208-6400 Fax: 937-208-6471

3170 Kettering Blvd., Moraine, OH 45439

Insurance: CareSource, Molina, Medicaid (Does not accept Market Place Silver or Gold plans.) Private: UHC, Premiere Advanced, Anthem, Tricare Medical Mutual Premier

Pumps: Ameda Finesse Double Electric

Pick-up: Pick-up at designated location to be given once approved.

Hocks Pharmacy & Medical Supply

Ph: 937-898-5803 Fax: 937-890-0327

732 West National Road., Vandalia, OH 45377

Insurance: CareSource; Molina; many more. Does not accept: Cigna, Premiere, UHC Community Plan, Paramount or Atena.

Pumps: DRIVE Brand

Pick-up: Possible immediate pick-up depending on insurance requirements. Call first.

Medicine Shoppe, Springboro

Ph: 937-748-0555 Fax: 937-748-3188

268 W. Central Avenue (Rt. 73), Springboro, OH 45066

1101@medicineshoppe.com

Insurance: CareSource; Anthem; United Health Care; Medicaid, Medical Mutual Paramount, Buckeye

Pumps: To own: Medela Swing single electric pump; Medela Personal Double electric pump.

Rental: Medela Symphony pump

Pick-up: Pick-up once approved.

MedMart, Queen City

Ph: 937-256-0000 Fax: 937-256-0844

2237 Smithville Road, Kettering, OH 45420

www.medmartonline.com

Insurance: CareSource; Medicaid; some private insurance - Anthem, UHC, Tricare.

Pumps:

To own: Medela Pump-In-Style Advance

Rental: Medela Symphony (Call to ask for rental information.)

Pick-up: Pick-up once approved.

St. Rita's Home Medical Equipment

Ph: 419-226-9581

770 West North Street, Lima, OH 45801

Insurance: Takes most insurances.

**MEDICAID, MANAGED CARE & PRIVATE INSURANCE
PUMP PROVIDERS WHO WILL MAIL OR UPS A BREASTPUMP**

****Call Provider FIRST to order pump and to get additional information, provide needed information, check on pump availability and/or make an appointment if needed.****

All pumps require prescription with personal, baby, doctor and insurance information.

Byram Healthcare

Ph: 877-773-1972 Fax: 800-521-6291

www.breastpumps.byramhealthcare.com Call 8 am - 5 pm CST

Insurance: Does not take CareSource. Go to website for insurances accepted.

Pumps: Go to website for pumps that are available for each insurance.

Shipping: Expect 4 - 7 business days for shipping once you have been approved.

Darah Medical

Ph: 855-552-7867 Fax: 419-697-2662

www.darahmedical.com

6465 Wheatstone Court, Building A, Maumee, OH 43537

Insurance: Anthem (not Medicaid); Buckeye Community Health Plan; CareSource; Medical Mutual; Molina; Ohio Medicaid; PHP; SIHO; United Health Care; UHC-Community Plan; United Medical Resources and many more. Some plans require a fee.

Pumps: Ameda Purely Yours; Hygeia Q; Medela Pump In Style; Freemie double electric.

Shipping: Ships to you within 24 - 48 hours

Edgepark

Ph: 855-504-2099

www.edgepark.com

1810 Summit Commerce Park, Twinsburg, OH 44087

EHCS (Edwards Health Care Services)

Ph: 888-344-3434 Fax: 330-655-8376

5640 Hudson Industrial Parkway, Hudson, OH 44236

Insurance: Aetna; Anthem; BC/BS; Buckeye; CareSource; Humana; Medical Mutual; Molina; Ohio Health Choice; Ohio Health Group; Paramount Advantage, United Community Health Plan; United Health Care and many others.

Pumps: Medela; Spectra; ARDO; Hygeia; Freemie; Lansinoh

Shipping: Pump will be shipped to you after insurance and doctor information is completed.

McKesson Patient Care Solutions

(formerly National Rehab Equipment)

Ph: 800-451-6510, option # 9 Fax: 855-716-2212

Call Monday – Friday 8:30 am-8:00 pm, Saturday 9 am - 3 pm

Insurance: CareSource; Molina; Buckeye; Paramount; United Health Care and many others.

Pumps: Ameda Finesse, Spectra – S2, Lansinoh – Signature Pro Smart Pump, Evenflo Advance.

Mothers are able to upgrade to Medela Pump-In-Style Advance Backpack or On-The-Go Tote or Medela Free Style pump.

Shipping: Ships within 24 hours.

Mommy Xpress

Ph: 888-721-6893 Fax: 888-889-2384

www.mommyxpress.com

Call 9 am - 5 pm

10679 McSwain Dr., Cincinnati, OH 45241

Insurance: BC/BS; Cigna; Humana; Aetna; Medical Mutual; Ohio Medicaid; and many others.

Pumps: Ameda - Finesse; Medela Personal Double Pump; Hygeia Enjoye; Spectra – S2 or S9. Upgrades available.

Shipping: Ships within 24 hours.

Mothering Touch

Ph: 419-525-4620 Fax: 419-522-1626

www.breastpumpfree.com

120 Sturges Ave., Suite 2, Mansfield, OH 44903

Insurance: CareSource; Buckeye; Molina

Pumps: Ameda Purely Yours

Shipping: Ships within 24 hours.

Note: (1) Must have delivered your baby & breastfeeding or feeding breast milk to your baby; (2) Enrolled in OH Medicaid or Buckeye, CareSource or Molina; (3) have a prescription showing medical need written by physician, advanced practice nurse, certified nurse midwife or physician assistant.

LOCAL PUMP PROVIDERS

****CALL PROVIDER FIRST to order pump and get additional information, provide needed information, check on pump availability and/or make an appointment if needed.****

Clark County Combined Health District

Ph: 937-390-5600

Springfield, OH 45503

Kettering Health Network Pharmacy

- Kettering Medical Center, 3535 Southern Blvd., Kettering, OH 45429 Ph: 937-395-8171
- Soin Medical Center, 3535 Pentagon Blvd., Beavercreek, OH 45431 Ph: 937-702-4900
- Southview Medical Center, 1997 Miamisburg-Centerville Road, Centerville, OH 45459
Ph: 937-401-7333

Insurance: No insurance accepted for pumps.

Pumps: Medela Pump in Style for sale.

Rental: Medela Symphony - \$25 non-refundable deposit for first 10 days, \$2.50 thereafter.
Deposit may be applied to rental fee if pump returned in clean, good condition.

Pick-up: Call first for availability

Kaup Pharmacy

- 42 West Main Street, Versailles, OH 45380 Ph: 937-526-3337
- 102 West Wayne, Fort Recovery, OH 45846 Ph: 419-375-2138
- 366 West Deerfield Road, Union City, IN 47390 Ph: 765-964-3098

Insurance: Call for insurance information.

Logan View Home Medical Equipment

Ph: 937-593-2100

110 Dowell Avenue, Bellefontaine, OH 43311

McCullough Hyde Memorial Hospital

Ph: 513-524-5477

110 North Poplar Street, Oxford, OH 45056

Mercer Health

Ph: 419-584-0143

909 East Wayne Street, Suite 108, Celina, OH 45822

P & R Medical Connection

Ph: 800-587-7670

16937 Defiance Trail Road, Van Wert, OH 45891

Schwieterman's Pharmacy

- 404 West North Street, Coldwater, OH 45828 Ph: 419-678-3435
- 324 North Main Street, Minster, OH 45865 Ph: 419-628-2305
- 2 North Washington Street, New Bremen, OH 45869 Ph: 419-629-2336
- 1052 East Spring Street, Saint Mary's, OH 45885 Ph: 419-394-3219
- 1302 Defiance Street, Wapakoneta, OH 45895 Ph: 419-738-5959

Walgreens

Ph: 937-339-8341

20 West Market Street, Troy OH 45373

Yost Pharmacy

Ph: 513-398-5010

120 West Main Street, Mason, OH 45040

Questions to ask your insurance provider

Pumps covered:

What kind of pump can I get? Do I have brand options?

Do I have to get the recommended pump or can I choose to purchase one "out-of-network" and submit the receipt for reimbursement? If yes, what amount will I be reimbursed? Is there a dollar limit on coverage for breast pumps?

Do I have to get the breast pump (or lactation visits) approved first?

Getting my breast pump:

When can I get my breast pump? Before giving birth or after giving birth?

Where can I get my breast pump? Does it have to be from a designated place "in-network" or can I choose where to get it?

Lactation Consultation:

Is there a limit on the number of visits with a lactation consultant?

Where can I receive these consultations/counseling services? Are there approved "in-network" providers?

Can I get reimbursed if I use a lactation counselor "out-of-network"?

Medical Necessity:

Do I have a pump rental option? Do I need a prescription for proof of medical necessity?

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.

info@hmbana.org
4455 Camp Bowie Blvd. Suite 114-88
Fort Worth, Texas 76107
(817) 810-9984
www.hmbana.org

Mother's Milk Bank of Ohio



- 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, breastfeeding 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 614-566-0630

<http://www.ohiohealth.com/mothersmilkbank>

Providers of Breastfeeding (Lactation) Services

The sources listed here and on the following pages provide services throughout the Greater Miami Valley. Dayton Children's Hospital 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 client's Managed Care provider as they may also cover a pump.

Allen County

Lima Memorial (419) 228-3335
IBCLC OB line (419) 998-4570

St Rita's Medical Center (419) 227-3361
IBCLC – Will take private patients. (419) 996-5807
OB Unit (419) 226-9004
Support available by appointment. (410) 966-5807

WIC
Breastfeeding peers available by appointment. (419) 224-8200

Auglaize County

Joint Township District (St. Mary's) (800) 362-4778
Karen Holdheide, IBCLC and
Samantha Huelenhake, IBCLC (419) 394-3335 ext. 2419

WIC
Breastfeeding Coordinator (419) 738-7428

Butler County

Fort Hamilton Hospital (513) 867-2000
Jennifer Simmons, IBCLC (513) 867-7811

McCullough-Hyde Hospital (513) 523-2111
OB Floor (513) 524-5477
Janet Feazell, IBCLC (513) 524-5689

WIC
Breastfeeding Coordinators (513) 896-7022 ext.1112 or ext. 1109
WIC Peer Helpers (513) 896-7022 ext.1115 or ext. 1117
Lactation Consultant (513) 896-7022; Option 2

Champaign County

Champaign County/Urbana WIC

Breastfeeding Coordinator (937) 484-1667
Peer Helpers (937) 484-1621
Prenatal Breastfeeding Class: Every 3rd Monday
Mom-to-Mom Support Group: Every 3rd Tuesday

Clark County

Springfield Regional Medical Center (937) 523-1000
Julie Ayers, IBCLC (937) 523-3268
Pump requests refer to Lactation Consultant – No rental pumps available.
Monthly classes – call to schedule.

WIC

Breastfeeding Coordinator:
Safiyyah Truss (937) 325-0464

Clinton County

Clinton Memorial (937) 382-6611
Lactation Consultant (937) 382-9418

WIC

Breastfeeding Coordinator:
Delilah Pritchett, IBCLC (937) 382-2862 ext. 133

Darke County

Wayne Healthcare (937) 548-1141
Special Beginnings (937) 548-1141 ext. 6755
Lori Geesaman, IBCLC (937) 548-1141 ext. 7407

WIC

Breastfeeding Coordinator (937) 547-1776
darkemercerwic@gmail.com

Fayette County

WIC

Breastfeeding Coordinator
IBCLC (740) 333-3552
Karyn.Tucker@Fayette/County/Ohio.com

Greene County

Soin Medical Center, Beavercreek
Lactation Support- IBCLC (937) 702-4373

Southview Hospital (937) 401-7333

Wright Patterson AFB Medical Center
IBCLC (937) 522-4781
Nature & Nurture Nursing Support Group - Every 3rd Tuesday at 7:00 pm

WIC
Breastfeeding Coordinator (937) 374-5624
Peer helpers (937) 374-5635 or (937) 374-5649

Highland County

Highland District
LLL of Highland County - Brandi (513) 846-3315
Pump Requests through Lactation Consultant
Facebook.com/LLLHighlandCo

WIC
Breastfeeding Coordinator
Tammy Stayten (937) 393-3060

Logan County

Mary Rutan Hospital (Bellefontaine) (937) 592-4015
Lactation services and
pump request through OB Department. (937) 592-6714

WIC
Breastfeeding Coordinator (937) 599-3345
WIC Peer Helpers (937) 599-3345

Mercer County

Mercer Health (Coldwater) (419) 678-2341
OB Department (419) 678-5670
Nicole Schumm, IBCLC (419) 678-5162
Pumps through Home Health Department (419) 584-1973

WIC
Breastfeeding Coordinator (419) 584-0037

Miami County

Upper Valley Medical Center (800) 838-8800
Women's Services/OB Department (937) 440-4900
IBCLC (937) 440-4906
Warm-line support (937) 440-4906

WIC
Breastfeeding Coordinator –Troy (937) 573-3549
Breastfeeding Support Group- Every 3rd Wednesday at Hobart Center.
Breastfeeding Coordinator - Piqua (937) 573-3553
Peer Support (937) 573-3553

Montgomery County

Dayton Children's Hospital	(937) 641-3543
Full-time NICU Lactation Consultant	(937) 641-4742
Outpatient Lactation Clinic hours available by appointment.	
Kettering Medical Center	(937) 395-8498
Full-time IBCLC/New Parent line	(937) 401-6881
Miami Valley Hospital	(937) 208-BABY (2229)
Lactation help line – 7 days/week.	
Clinic by appointment.	(937) 208-6160
Breastfeeding classes.	(937) 208-2229
Miami Valley Hospital South	
Lactation help line – 7 days/week.	
Clinic by appointment.	(937) 208-6160
Breastfeeding classes.	(937) 208-2229
Southview Medical Center	(937) 401-6850
Full-time IBCLC	(937) 401-6848
First Steps Breastfeeding Support Center and Boutique	(937) 401-6881
Outpatient:	(937) 401-7333
Warm-line, classes and support group weekly.	
WIC	
Breastfeeding Coordinator	(937) 225-4581
Dr. Charles R. Drew - breastfeeding office	(937) 225-6332
Miamisburg - breastfeeding office	(937) 224-3885
Sunrise Center - breastfeeding office	(937) 225-6166 or (937) 225-5502
Lactation Consultants in Private Practice	
Linda Barrett, IBCLC, Centerville, OH	(937) 439-2031
Lactation consultation services by appointment.	
Bright Future Lactation Resource Centre	
Linda Smith, BSE, FACCE, IBCLC	(937) 438-9458
Lindaj@bflrc.com	
Lactation consultation services by appointment.	
Professional education and courses.	

Preble County

WIC	
Breastfeeding Coordinator	(937) 456-5457 ext. 235
Peer helper	(937) 456-5457 ext. 205
Breast Friends of Preble County	(937) 456-5457

Putnam County

WIC	
Breastfeeding Coordinator	(419) 523-5080
Warm-line	(386) 937-6405

Shelby County

Wilson Memorial (800) 589-9641
Family Birth Center (937) 498-5391
Lactation Services (937) 498-5434
Sweet Beginnings Lactation Boutique, support group, classes

WIC
Breastfeeding Coordinator (937) 498-4637

Van Wert County

Van Wert County Hospital (419) 238-2390

WIC
Breastfeeding Coordinator (419) 238-5886

Warren County

Atrium Medical Center
Lactation Consultant (513) 424-2111 ext. 5122

WIC
Breastfeeding Coordinator (937) 746-9490 – ext. 223

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.
- Use your hands to massage and compress breast to help fully empty when milk flow slows down.
- 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 4 days for healthy full term infants. If you will be using the milk during this time period it is better to only refrigerate. Freezing does impact some of the immunological properties of human milk.
- Breastmilk may be frozen for later use and stored for at least 3 months in your freezer or 6 - 12 months 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.
- Thawed milk should be used within 24 hours.
- If you have been instructed to add any fortification to your milk, milk with additives must be used within 24 hours.

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 Production

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

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 or 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.

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.

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

Other Important Phone Numbers

Appalachian Breastfeeding Network

Nighttime breastfeeding helpline 4:30pm to 8:30am 888-588-3423

Car Seats

Easter Seals 461-4800 ext. 301

Child Abuse

CARE House 641-4545
Montgomery County Children Services 224-5437

Childcare

4C's-Miami Valley 220-9660

Domestic Violence

Artemis Center - for Alternatives to Domestic Violence 461-5091
Domestic Violence Hotline 222-7233
Suicide Prevention 229-7777
Substance Abuse and Mental Health Hotline 1-800-662-4957

Emergency Shelter

St. Vincent Hotel/DePaul Center 222-7349
The Other Place (daytime shelter) 223-5455

Employment/Work

Job Bank 225-5627
The Job Center 496-6720
Unemployment Compensation 1-877-644-6562

Financial/Utilities

Community Action Partnership (formerly SCOPE) 341-5000
Salvation Army 222-7349
Sunrise Center (zip code eligibility) 225-6166

Food Pantries

Good Neighbor House 224-3003
Salvation Army 225-3000
St. Vincent DePaul 222-3661
The Gospel Mission 223-4513
Wesley Community Center 263-3556
The Dayton Food Bank 461-0265

Grandparent Advocate Program

Kinship Navigator (Intake) 641-5090
Juvenile Court (Samantha Andrews) 496-7285

Grief Services (Bereavement)

Dayton Children's
Monica Dushane – Family Support Specialist 641-4190
Chaplain Services 641-5850
Compassionate Friends 640-2621
Hospice of Dayton 258-4991
Miami Valley Women's Center
(miscarriage, stillbirth & infant loss) 298-4244
Oak Tree Corner 285-0199

Help Me Grow	208-GROW (4769)
Latino Connection	259-1898
Post Partum Depression: Many Shades of Blue	401-6844 or 1-866-848-3163
For an emergency or crisis call: Crisis Care (Montgomery Co.)	224-4646
Tri County Crisis Hotline (Darke, Miami and Shelby County)	1-800-351-7347
Crisis Line (Preble County)	1-866-532-3097
Crisis HOPELine (Allen, Auglaize and Hardin County)	1-800-567-4673
Public Health Dayton and Montgomery County	
Information and referral	225-5700
Immunizations	225-4550
Prenatal and Women's Health	225-5700
Healthy Mommy-Healthy Me	496-7718
Birth Certificates	225-6366
RTA Rideline	425-8300
United Way Helplink	225-3000

DOCTORS AND DENTISTS WHO PREFORM FRENOTOMIES

<u>Doctor</u>	<u>Address, Phone & Web/E-mail Address</u>	<u>Insurance, Fees, Misc.</u>
Bob Muster, DDS	ABC Dental 8376 Old Troy Pike (SR 202) Huber Heights, OH 45424 (937) 938-7678 info@abcdental-dayton.com	.accepts most insurances .laser
Kyle Jackson, DDS	Centerville Pediatric Dentistry 7058 Corporate Way, Suite 3 Centerville, OH 45459 (937) 586-7729	.Medicaid, CareSource .scissors .lip & tongue ties .topical anesthetic .parents welcome to stay .does not swaddle .no after care instructions .infants .sends 18 mo–2 yr to DCH .\$450/\$900
Dr. Elluru, MD, PhD Pediatric Surgeons & ENTs	Dayton Children's Hospital One Children's Plaza Dayton, OH 45404 (937) 641-4647	.scissors .lip & tongue ties
Chris Coleman, DDS	1020 Franklin Road Waynesville, OH 45068 (513) 897-2001	.laser .\$275 for one/\$500 both
Good Neighbor House	627 East First Street Dayton, OH 45402 (937) 224-3003 X 1113 or (937) 224-3442 Mondays 9 am – noon and Tuesday evening Greg Notestine, DDS	.scissors & laser .call for any fees and insurances
Adel Hanna, DDS	365 North Main Street Suite 1 Springboro, OH 45066 (937) 748-2855 omahhdds@bizwoh.rr.com	

Stephanie Horne, MD	1222 South Patterson Boulevard Suite 400 Dayton, OH 45402 (937) 496-2600	.will bill insurance .no after care instruction
Dr. Hamal	Pure Smiles 110 South Tippecanoe Drive Tipp City, OH 45371 (937) 667-2417	
Miami Valley Dental Clinic	Miami Valley Hospital 30 East Apple Street Dayton, OH 45409 (937) 208-2709	.laser .most insurances accepted
Robert Myers, MD	Contemporary Pediatrics 1516 Yankee Park Place Centerville, OH 45458 (937) 438-1115	
Greg Notestine, DDS	Pedz/Dr. Stacey Zaikoski 5671 Far Hills Avenue Kettering, OH 45429 (937) 293-6387 www.smiles4udayton.com	.laser .\$300 one/\$500 both .insurance not accepted .Monday & Wednesday
Scott Puckett, DDS	1665 Alex Drive Wilmington, OH 45177 (937) 382-8020	
Steve Schufflebarger, DDS & others	Centerville Family Dental 9420 Dayton Lebanon Pike Centerville, OH 45458 (937) 433-8900	.\$45 fee .must be pre approved .accepts CareSource
Gordon Woemack, DDS	Woemack Pediatric Dentistry, Inc. 3300 Kemp Road Beavercreek, OH 45431 (937) 426-2653	.\$300 co-pay .accepts CareSource

Inclusion on this list does not constitute a recommendation.
Insurance, fees, misc. may not be current and are subject to change.

NOTES:





One Children's Plaza, Dayton, OH, 45404