



Breastfeeding Resources

for Hamilton County and Surrounding Areas

Find more at
www.swohio-bc.org
 or scan

Hospital Breastfeeding Support Resources

All hospitals listed have a **Warmline** for breastfeeding questions. The majority offer **breastfeeding classes and support groups**. All offer **outpatient appointments**. Most services are open to babies born anywhere. Call to confirm information. Some hospitals have fees for breastfeeding classes and outpatient visits, this fee may be covered under insurance.

Hospital	Warmline number	Breastfeeding support group
The Christ Hospital		
- Mt. Auburn	513-585-0597	Yes
- Liberty	513-648-7671	Yes
Cincinnati Children's		
- Breastfeeding Medicine Clinic	513-636-2326	No
- Primary Care Clinic patients	513-636-7722	No
Ft. Hamilton/Kettering Health Hamilton	937-401-6881	Yes
Mercy Health - Anderson	513-233-6778	Yes
- Fairfield	513-870-7883	Yes
- West	513-215-2030	Yes
St. Elizabeth	859-301-2631	Yes
TriHealth - Bethesda North and Good Samaritan	513-862-7867	No
UC Health - Clifton	513-584-5257	No
- West Chester	513-298-3301	Yes

Community Groups Mom to mom support is proven to help moms reach their breastfeeding goals. There are many in our area, some of which hold virtual meetings. Learn more at swohio-bc.org/momgroups

AMEN – All Moms Empowered to Nurse amencincy.org 513-299-8291	Breastfeeding Outreach for Our Beautiful Sisters breastfeeding-boobs.com 513.783.2301 x. 102
Baby Café babycafeusa.org -Westchester 513-298-3301 -Liberty 513-585-0597 - Mt Auburn 513-648-7671	Breastfeeding USA breastfeedingusa.org 513-226-9272 La Leche League llohio.org L.E.C.H.E. (En Español) 513-346-4080 x257

Call for Advice

- Ohio Department of Health Breastfeeding Hotline (24 hours a day, no cost) **888-588-3423**
- Office on Women's Health **1-800-994-9662**
- Area Breastfeeding Resources swohio-bc.org/breastfeeding-help

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 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

Find all local WIC office phone numbers at swohio-bc.org/local-wic-numbers

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.

Private IBCLCs

There are many International Board Certified Lactation Consultants (IBCLC's) in the Cincinnati area. You may want to ask your pediatrician for referrals based on your specific needs.

You may also search these pages (lists may not be complete):

- swohio-bc.org/breastfeeding-help
- uslca.org/resources/find-an-ibclc

Breastfeeding Laws

Affordable Care Act: Lactation support and equipment are covered benefits with the Affordable Care Act. Check with your insurance for billing questions.

Ohio Rev Code Ann. 3781.55 (2005): A mother is entitled to breastfeed her baby in any location of a place of public accommodation wherein the mother is otherwise permitted. (SB 41)
Every state has a similar law protecting breastfeeding.

Federal Fair Labor Standards Act: Requires employers to provide reasonable break time for an employee to express breast milk for her nursing child for one year after the child's birth each time such employee has the need to express the milk. Employers are also required to provide a place, other than a bathroom, that is shielded from the view and free from intrusion from coworkers and the public, which may be used by an employee to express breast milk.

Online Resources

Videos

- Breast Crawl—"Babies' First Meal" tiny.cc/firstfeed
- Hand expression tiny.cc/handexpress
- How to latch tiny.cc/goodlatch
- Make a pumping bra tiny.cc/pumpingbra
- Laid-back breastfeeding position tiny.cc/laidbackfeed

Medications & Milk Safety

Call your baby's doctor

Breastfeeding information

- Cincinnati Children's cincinnatichildrens.org/bf-resources
- It's Only Natural: Mother's Love-Mother's Milk womenshealth.gov/itsonlynatural
- WIC- great information and videos wicbreastfeeding.fns.usda.gov
- Your Guide to Breastfeeding, free e-book tiny.cc/bfbook

Breastfeeding Apps

- BreastBeginnings by University of Kentucky
- Top apps of 2020 healthline.com/health/parenting/top-iphone-android-breast-feeding-apps

Need a Pump? Call your medical insurance provider and/or search "insurance breast pump" for additional options.

Disclaimer: COVID-19 restrictions may be in place: please call for most recent information. The Southwest Ohio Breastfeeding Coalition (SWOBC) compiled this list of available breastfeeding resources in southwest Ohio and surrounding areas but neither guarantees nor endorses any services mentioned here. SWOBC is not liable for any damages arising out of the use of information posted here. Last revised 2/16/2022