

COMMUNITY BREASTFEEDING GROUPS

AMEN!

All Moms Empowered to Nurse!

Meeting every Friday ONLINE 3-5 pm. Learn more at www.amencincy.org or (513)299-8291. Find us on Facebook, Twitter, and Instagram @amencincy



West Chester Hospital,

When: Every Wednesday
from 10 – 11:30 a.m.

Baby Café

babycafeusa.org
Closed on holidays

Hoxworth Building,

When: Every Thursday
from 2-3:30 p.m.

BOOBS: Breastfeeding Outreach For Our Beautiful Sisters

www.breastfeeding-boobs.com

513-783-2301 x102

Free breastfeeding sessions

Please register

Find us on FB & Instagram-

facebook.com/BreastfeedingOutreach

www.instagram.com/boobs_breastfeeding/



Breastfeeding USA



<https://breastfeedingusa.org/>

Currently, no meetings.

Text 513-226-9272 for support. 24/7

Warmline for Breastfeeding support

(612) 293-6622



Auburn Ave- 1st/3rd Tues 513-648-7671

Liberty Site 2nd /4th Tues 513-585-0597

Must register

<https://www.thechristhospital.com/services/womens-health/your-care-and-treatment/breastfeeding/baby-caf%C3%A9>

They are held at 10 a.m. on Tuesdays, alternating locations each week. The group is located on the 8th floor of the Main Hospital in the 8 south conference room.

Donde: ¡Juntas son Virtual! Por Zoom

Cuando: Nos reunimos el segundo

Martes de cada mes

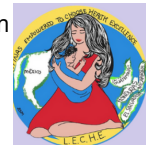
Horas: De 12:30 pm a 1:30 pm

Regístrese vía Zoom

Redes sociales: @

L.E.C.H.E/GAMACincinnati

grupoleche4@gmail.com <https://www.grupoleche.org/>
513-473-1571



La Leche League of Cincinnati and Northern Kentucky lloho.org



To find out more about La Leche League groups, meetings, support, contact info, Facebook groups, etc. in your county- lloho.org



Ohio Department of Health's
Breastfeeding Hotline-

888-588-3423

Available 24/7, video visits
and interpreters available.

Roselawn
7162 Reading Road,
Suite 800
513-821-6813



Email: WICHamilton@odh.ohio.gov

Lactation Center: Daily lactation consultation available for anyone already enrolled with Cincinnati/Hamilton County WIC

BUTLERCOUNTY 513-896-7022
CLERMONT COUNTY 513-732-7329
HAMILTONCOUNTY 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.

BREASTFEEDING RESOURCE GUIDE

ADDITIONAL RESOURCES



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



PUMP Act: The Providing Urgent Maternal Protections (PUMP) for Nursing Mothers Act or "PUMP Act" was signed into law on December 29, 2022, extending federal protections for time and space to pump at work to millions more workers

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

"Baby's First Meal"
tiny.cc/firstfeed



Holds/positions
tiny.cc/feedholds

How to latch
tiny.cc/goodlatch



Hand Expression
tiny.cc/handexpress

Make a pumping bra
tiny.cc/pumpingbra



Breastfeeding information

Find links to these and more at swohio-bc.org/links



- Cincinnati Children's
- It's Only Natural by WomensHealth.gov
- WIC

Breastfeeding ebook- free
tiny.cc/bfbook



Medications & Milk Safety

Call your baby's doctor

Need a Pump?

Check out our guidance info on how to pick and get your insurance pump.





BREASTFEEDING RESOURCE GUIDE

HOSPITAL LIST OR HAMILTON COUNTY AND SURROUNDING AREAS

FOR ALL AREA
RESOURCES AND MORE,
GO TO
WWW.SWOHIO-BC.ORG
OR SCAN



Hospital	Locations	Warmline Number	Breastfeeding support group
The Christ Hospital	Mt. Auburn	513-585-0597	Yes
	Liberty	513-648-7671	Yes
	Breastfeeding Medicine Clinic	513-636-2326	No
Cincinnati Children's	Primary Care Clinic patients	513-636-7722	No
	First Steps Breastfeeding Program	937-401-6881	Yes
Kettering Health Hamilton	Anderson	513-233-6778	Yes
Mercy Health	Edgewood, KY	859-301-2631	Yes
St. Elizabeth	Bethesda North and Good Samaritan	513-862-7867	No
TriHealth	Clifton	513-584-5257	No
	West Chester	513-298-3301	Yes
UC Health			