



# Breastfeeding Resources

for Hamilton County and Surrounding Areas

Find more at  
[www.swohio-bc.org](http://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
<b>The Christ Hospital</b>		
- Mt. Auburn	513-585-0597	Yes
- Liberty	513-648-7671	Yes
<b>Cincinnati Children's</b>		
- Breastfeeding Medicine Clinic	513-636-2326	No
- Primary Care Clinic patients	513-636-7722	No
<b>Ft. Hamilton/Kettering Health Hamilton</b>	937-401-6881	Yes
<b>Mercy Health</b> - Anderson	513-233-6778	Yes
- Fairfield	513-870-7883	Yes
- West	513-215-2030	Yes
<b>St. Elizabeth</b>	859-301-2631	Yes
<b>TriHealth</b> - Bethesda North and Good Samaritan	513-862-7867	No
<b>UC Health</b> - 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](http://swohio-bc.org/momgroups)



AMEN – All Moms Empowered to Nurse	513-299-8291	<a href="http://amencincy.org">amencincy.org</a>
-Westchester	513-298-3301	
Baby Café -Liberty	513-585-0597	
- Mt Auburn	513-648-7671	
		<a href="http://babycafeusa.org">babycafeusa.org</a>

Breastfeeding Outreach for Our Beautiful Sisters	513.783.2301 x. 102	<a href="http://breastfeeding-boobs.com">breastfeeding-boobs.com</a>
Breastfeeding USA	513-226-9272	<a href="http://breastfeedingusa.org">breastfeedingusa.org</a>
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](http://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](https://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](https://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](https://swohio-bc.org/breastfeeding-help)
- [uslca.org/resources/find-an-ibclc](https://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

"Baby's First Meal"

[tiny.cc/firstfeed](https://tiny.cc/firstfeed)



Holds/positions

[tiny.cc/feedholds](https://tiny.cc/feedholds)

How to latch

[tiny.cc/goodlatch](https://tiny.cc/goodlatch)



Hand Expression

[tiny.cc/handexpress](https://tiny.cc/handexpress)

Make a pumping bra

[tiny.cc/pumpingbra](https://tiny.cc/pumpingbra)



### Medications & Milk Safety

Call your baby's doctor

### Breastfeeding information

Find links to these and more at [swohio-bc.org/links](https://swohio-bc.org/links)

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



Breastfeeding ebook- free

[tiny.cc/bfbook](https://tiny.cc/bfbook)



### Breastfeeding Apps

- BreastBeginnings by University of Kentucky
- Top apps [healthline.com/health/parenting/top-iphone-android-breast-feeding-apps](https://healthline.com/health/parenting/top-iphone-android-breast-feeding-apps)

## Need a Pump?

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

