

ADDITIONAL BREASTFEEDING INFORMATION

The decision to breastfeed is an intensely personal choice. As you make decisions about how to feed your baby the following resources may be helpful.

Who can I contact if I have a breastfeeding question:

Baby Beloved, Inc.
616-977-LOVE (5683)
www.babybelovedinc.com

Kent County Health Department
Lactation Consultants
Community Nursing 616-632-7058

La Leche League
616-752-8300

Metro Health Hospital Lactation Services
Warm Line
616-252-7894

MSU Extension Mother-to-Mother Program
616-336-4003

St. Mary's Health Care Lactation Services
616-752-5602

Spectrum Health Breastfeeding
Outpatient Lactation Services
616-391-9437

Support Groups:

Baby Beloved
616-977-LOVE (5683)

Clinica Santa Maria
616-913-8400(Spanish)

La Leche League
616-752-8300

Metro Health Hospital
616-252-7894

St. Mary's Health Care
616-752-5602

Spectrum Health Healthier Communities
616-391-5000 (English)
616-391-8539 (Spanish)

Family Community Resources:

Kent County - [www.childresource.cc/FRG - pub.php](http://www.childresource.cc/FRG-pub.php)

Ottawa County - www.greatstartshere.org.

Moms Like Me - www.MomsLikeMe.com.

Moms Bloom - www.momsbloom.org.

Insurance:

In some cases, private consultations and breast pumps are a covered insurance benefit. You should contact your insurance carrier for more information.

Useful links:

www.breastfeedingonline.com

4woman.gov/breastfeeding

www.ilca.org