



Breastfeeding Resources

Hamilton County and Surrounding Areas

This list and more resources are available at: www.swohio-bc.org

IBCLC Hospital Breastfeeding Support Resources

All hospitals listed have a **Warmline for breastfeeding questions, breastfeeding classes, and outpatient appointments available.** Services are open to babies born anywhere. Call to confirm information. Some hospitals have fees for breastfeeding classes and outpatient visits. Most breastfeeding classes are \$15-\$20. Outpatient visits with a 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 (classes for employees only)		No
- Center for Breastfeeding Medicine	513-636-2326	No
- Primary Care patients	513-636-7722	No
Ft. Hamilton - Hughes	513-867-2000	No
Mercy Health - Anderson	513-624-3275	Yes
- Fairfield	513-870-7883	Yes
- West	513-215-2020	No
St. Elizabeth	859-301-2631	No
TriHealth - Bethesda North and Good Samaritan	513-862-7867	No
UC Health - Clifton	513-584-5257	Yes
- West Chester	513-298-3300	Yes

Find more details on the SWOBC website

Need a Pump?

Call to see if accepts your insurance
*accepts Medicaid- call first

Kentucky

St. Elizabeth [859-301-6200](tel:859-301-6200)

Online

Pumps for Moms* [866-863-7612](tel:866-863-7612)

Premier Kids Care* [888-892-9001](tel:888-892-9001)

Mothering Touch* [419-525-4620](tel:419-525-4620)

Ohio

The Christ Hospital [513-585-0597](tel:513-585-0597)

Cincinnati Children's* [513-636-4663](tel:513-636-4663)

Dee Keith, IBCLC [513-724-3313](tel:513-724-3313)

Mommy Xpress* [844-641-2255](tel:844-641-2255)

Mullaney's Pharm* [513-587-1466](tel:513-587-1466)

Queen City Med Mart* [866-863-7612](tel:866-863-7612)

TriState Compnd Pharm [513-624-7333](tel:513-624-7333)

University of Cincinnati [513-584-4783](tel:513-584-4783)

Nuturing Lactation [513-295-4101](tel:513-295-4101)

Yost Pharmacy [513-398-5010](tel:513-398-5010)

Call for Advice

Cincinnati Warmline (La Leche League)
[513-357-MILK \(6455\)](tel:513-357-MILK(6455))

Office on Women's Health
[800-994-9662](tel:800-994-9662)

USA Warmline (La Leche League)
[877-4-LALECHE \(5253243\)](tel:877-4-LALECHE(5253243))

UCMC After Hours Lactation
[513-834-4105](tel:513-834-4105)

Community Groups

AMEN - Avondale Moms Empowered to Nurse	901-331-6313
Breastfeeding USA	BreastfeedingUSA.org
BOOBS	513-452-6627
LaLeche League – Cincinnati & NKY	513-245-4352
Baby Café - Westchester	513-298-3301
- Mt. Auburn	513-585-2155
- Liberty	513-648-7671
LECHE (Spanish)	513-346-4080 ext 257

Home Visit Programs

Healthcare Access Now	513-707-5697
Every Child Succeeds	513-636-2830
Healthy Moms and Babes	513-591-5600
Help Me Grow	513-281-4769

Private IBCLCs

Boobs4Babies	513-417-0366
BreastBeginning	513-218-9168
Bright Future Ltd.	937-438-9458
Dee Keith	513-724-3313
Milky Weigh Lactation	513-999-6162
Nuturing Lactation	513-295-4101
Trinity Mother Baby Outreach	513-620-6455

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. Find all WIC office phone numbers at www.swohio-bc.org

Butler County
513-896-7022

Clermont County
513-515-2650 (24hr)

Hamilton County
513-821-0073

Northern Kentucky
513-896-7022

Warren County
513-695-1217

WIC families have free transportation available via Medicaid. Call 1-800 number on back of Medicaid card for free transportation pick up. Call at least 5 business days ahead.

Hamilton County WIC has a Spanish speaking peer counselor at the 7 Hills office. Call her at 513-522-4300.

Online Resources

Videos

Breast Crawl – “Babies’ First Meal”
tinyurl.com/breastcrawl

Hand expression
tinyurl.com/handexpressmilk

How to latch
tinyurl.com/howtolatch

Info on Medications and Breastfeeding

Lactmed
tinyurl.com/lactmed

Breastfeeding information

Cincinnati Children’s
www.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

Breastfeeding Guide
tinyurl.com/your-guide-to-breastfeeding

Facebook support

Southwest Ohio Breastfeeding Coalition
facebook.com/SWOBC/

Ohio Breastfeeding Alliance
facebook.com/ohiobreastfeeds

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.