



**PATIENT  
EDUCATION**

## **CentraCare – Monticello Lactation Support**

### **Outpatient Lactation Services: supporting healthy moms and babies with personalized prenatal and postpartum education**

CentraCare – Monticello is committed to providing comprehensive education and outpatient lactation services to assist and support moms who are breastfeeding, pumping and/or supplementing. Schedule your appointment with a certified lactation consultant for assistance with lactation questions, assessment of concerns, and breastfeeding resources and guidance.

#### **Women with one or more of the following risks factors may benefit from a prenatal lactation appointment:**

- History of low milk supply
- Hormonal imbalances including thyroid concerns, PCOS (polycystic ovary syndrome), difficulty becoming pregnant
- Gestational diabetes, Type 1 diabetes or Type 2 diabetes
- Twin or other multiple pregnancy
- First pregnancy and older than 35 years of age
- Planned delivery at earlier than 38-39 weeks
- History of breast reduction or augmentation

#### **Specialized postpartum lactation education may be beneficial for mother/baby couplets with questions or concerns regarding:**

- Babies born at less than 38 weeks
- Nipple or breast pain
- Difficulties latching
- Breastfeeding with a nipple shield
- Babies with weight loss of 10% or more
- Babies with high bilirubin levels
- Babies receiving supplementation

Talk to your provider about scheduling a prenatal or postpartum lactation appointment or call 763-271-2218 for more information. Moms find postpartum lactation appointments beneficial when scheduled within a few days of going home from the hospital. We encourage all patients, prior to scheduling an outpatient lactation consult, to verify insurance coverage.

### **Support Groups**

- **MILK Beginning March 26, 2020!** CentraCare – Monticello’s free, drop-in MILK group is an encouraging and welcoming opportunity for breastfeeding, pumping and supplementing moms to talk with certified lactation consultants, measure pre and post-feed weights for their baby, learn about available resources, and network with other moms. Stop by anytime between 4:30 and 6:30 p.m. the second and fourth Thursday at Eastview Education Center’s Media Room, 9375 Fenning Ave, Monticello, MN. Call 763-271-2218 for more information.

- **La Leche League of St. Cloud** Mother-to-mother support, encouragement and education to pregnant and breastfeeding mothers. Meetings are the fourth Monday at 6:30 p.m. at Westwood Church, 5719 Walnut Dr., St. Cloud, MN. La Leche League Leaders are also available by phone for individual consultation whenever you have breastfeeding questions or concerns.
  - Cali: 320-281-9095
  - Jacqueline: 320-200-9470
  - [www.llofmndas.org/st-cloud.html](http://www.llofmndas.org/st-cloud.html)
- **Buffalo Baby Café** A free family-friendly drop-in breastfeeding support group. Babies and children are welcome; open to the public. Meetings are Wednesdays from 10 a.m. to 12 p.m. at the Wright County Historical Society (Heritage Center). Call 763-684-7630 for more information.
- **Wright County Community Action WIC** For eligibility, locations and hours, call 320-963-6500 or email [wic@wccaweb.com](mailto:wic@wccaweb.com)
- **Wright County Public Health** Public health nurses trained in lactation support are available to answer breastfeeding questions or provide free home visits to any Wright County resident. Monday through Friday: 8 a.m. to 4:30 p.m. Call 763-682-7468 for more information.

## Milk Depots

CentraCare – Monticello, CentraCare – St. Cloud Hospital, and CentraCare – Long Prairie are Human Milk Banking Association of North America (HMBANA) affiliated milk collection sites. To learn about the benefits of breast milk donation and how to become donor, visit [www.mnmilkbank.org/donate-milk](http://www.mnmilkbank.org/donate-milk)

## Telephone resources

- **CentraCare – Monticello Birth Center** 763-271-2218
- **Breastfeeding Helpline** National Women’s Health Information Center provides and locates nursing mother support. [www.womenshealth.gov](http://www.womenshealth.gov) Monday through Friday: 9 a.m. to 6 p.m. ET (English and Spanish) Call 800-994-9662 for more information.
- **Infant Risk Center** Up-to-date evidence-based information on the use of medications during pregnancy and breastfeeding. Monday through Friday: 8 a.m. to 5 p.m. Call 806-352-2519 for more information.

## Apps

- CentraCare Baby (free) resource on pregnancy, birth, breastfeeding and adjustment to parenting
- Coffective (free) helps pregnant women set and reach their goals
- LactMed (free) database of drugs and dietary supplements that may affect breastfeeding
- MommyMeds (\$3.99) easy to understand information on drug safety and ingredients of medications for all pregnant and breastfeeding mothers
- Breastfeeding Solutions (\$4.99) a guide to overcoming most common breastfeeding problems

## Internet Resources

- American Academy of Pediatrics [www.healthychildren.org/English/agesstages/baby/breastfeeding/Pages/default.aspx](http://www.healthychildren.org/English/agesstages/baby/breastfeeding/Pages/default.aspx)
- Centers for Disease Control and Prevention [www.cdc.gov/breastfeeding](http://www.cdc.gov/breastfeeding)
- Kelly Mom [www.kellymom.com](http://www.kellymom.com)
- Minnesota Breastfeeding Coalition [www.mnbreastfeedingcoalition.org/for-families](http://www.mnbreastfeedingcoalition.org/for-families)
- MN Department of Health [www.health.state.mn.us/people/wic/localagency/bf](http://www.health.state.mn.us/people/wic/localagency/bf)