

Milwaukee County Lactation Education & Support Resources 7/2024

Infant feeding classes	Meeting day and time	Location	Additional details
Ready, Set, Baby	Mondays: 12:00 - 1:30pm (English) Tuesdays: 11:00 – 12:30pm (Spanish) <i>* No classes held on holidays.</i>	Virtual https://zoom.us/j/95130930585	Website details: CGBI-RSB-QR-Code-only-Eastern-Time.png (1428x2000) (unc.edu) No registration needed, just click zoom link Offered In English and Spanish (Free)
Hug Your Baby	Once per week Saturday 12:00pm or 2:00pm	Virtual You will receive a Zoom link immediately after registering.	Register for an upcoming class here: https://www.hugyourbaby.org/parenting101 Offered in English (Free)
African American Breastfeeding Network – Community Breastfeeding Gathering	In person once/month on Saturdays at 11:00am Virtual once/month on Thursdays at 5:30pm	In-person : 619 W. Walnut Street (Sojourner Family Peace Center) Virtual: will receive link after registration	Registration is required: https://aabnetwork.org/breastfeeding-support-services Phone (414) 207-6728 All are invited to attend: fathers, families, partners, friends, etc. Offered in English (Free)
Women’s Support Center of Milwaukee – Prenatal Breastfeeding Class	By appointment	In-person: 2051 W. Wisconsin Ave Milwaukee, WI 53233	Trained La Leche League Lactation Consultant teaching classes by appointment. https://www.wscmil.org/breastfeeding-classes/ (414) 943-8888 (Free)
BOMB Doula Program- City of Milwaukee Health Department Breastfeeding 101 & Pumping 101 classes	Virtual once/month on 4 th Thursday at 5-6:30pm (<i>2 classes with different content held every other month</i>)	Virtual You will receive a Zoom link immediately after registering (<i>note: there are 2 different registrations for classes</i>)	Registration is required: Phone (414) 286-8620 (ask to have class flyer sent with QR code) All are invited to attend: does not have to be a program participant Offered in English (Free)
Sixteenth Street Community Health Centers Breastfeeding Class with Elvira	Thursdays 11:00am – 12:00pm	In-person: Sixteenth Street Clinic - Chavez location 1032 S. Cesar Chavez Drive	For patients of Sixteenth Street Community Health Centers only Call (414) 672-1353 for more information Offered in Spanish/English (Free)
Delivery Hospital	Varied days/times Online/in-person	Call or look online for classes at the hospital where you will deliver your baby.	Most hospital classes have a fee around \$30
WIC breastfeeding and lactation promotion, education, and support			
WIC peer counseling support	Parent-to-parent lactation support for common breastfeeding questions and support through texting, phone, in-person. Is available for support when clinic is closed.		Khola - (414) 550-1433 Lalita - (414) 550-0838
WIC Designated Breastfeeding Expert support	Staff trained to assist with complex breastfeeding problems.		Christy - Call during normal WIC business hours (414) 267-6650 Beth - Call during normal WIC business hours (414) 267-6650

WIC breastfeeding support Facebook group	Support from other WIC mothers, monitored by trained WIC lactation staff to ensure good quality breastfeeding information.	Search <i>Milwaukee County WIC Breastfeeding Support</i> or click: Milwaukee County WIC Breastfeeding Support Facebook Request to join and answer membership questions to be admitted to this private support group.
WIC breastfeeding support website	A website resource to check on your questions and find answers and solutions.	https://wicbreastfeeding.fns.usda.gov/

Telephone/text hotline numbers

National Women's Health and Breastfeeding Helpline	Monday through Friday, at 1-800-994-9662 to talk with a trained breastfeeding peer counselor in English or Spanish. Free.
Appalachian Breastfeeding Network	Do not need to reside in Ohio to contact. Answered by lactation professionals 24/7-365 at 1-888-588-3423 or text "BFHOTLINE" to 839863. Serves all languages using interpreter services. Free.
National Maternal Mental Health Hotline	Call or text 1-833-TLC-MAMA (1-833-852-6262) 24/7, free, confidential hotline for pregnant and new moms in English and Spanish. If you're feeling overwhelmed, anxious, or you just need someone to talk to and listen to what you are going through. Professional counselors provide emotional support, resources, and referrals.

Lactation support groups and consultations

Le Leche League (LLL) Support Groups	<p>Milwaukee West LLL Group meets monthly at Authentic Birth Center at 530 N. 108th Pl #100, Wauwatosa, WI 53226 This is for peer-to-peer breastfeeding support and connection with other breastfeeding parents lllwestmilwaukee@gmail.com for more information; Facebook page for meeting dates/times: https://www.facebook.com/LLLMilwaukeeWest/</p> <p>LLL - online support groups: Including lactation and relactation, tandem nursing, moms of twins/multiples, special needs breastfeeding support For more information see: https://llli.org/breastfeeding-info/online-support/#WAB</p>
Wisco Lactation Infant Feeding Support Group	<p>Infant feeding group open to breastfeeding, bottle feeding or a mix of the two. This group exists with the intention of providing parent to parent emotional support and guidance for basic and general breastfeeding questions such as positioning, how to know if baby is getting enough, introducing solid foods, etc. There is a lactation consultant facilitator. Meets monthly at Authentic Birth Center at 530 N. 108th Pl #203, Wauwatosa, WI 53226 Book online: https://www.wicolactation.com/classes, or email hello@wicolactation.com, or call (414) 249-4420 (Free)</p>
African American Breastfeeding Network – One-on-One Breastfeeding Consultation	<p>AABN offers in-office one-on-one support for people who are having concerns and/or challenges breastfeeding and/or expressing human milk. Meet with their Lactation Consultant. Book an appointment online: https://aabnetwork.org/breastfeeding-support-services Consults take place by appointment at Sojourner Family Peace Center: 619 West Walnut St. (Free)</p>
Delivery Hospital	Call the lactation office at your birthing hospital with breastfeeding concerns. Lactation appointments may be covered by your insurance. They may also be able to help you get an electric pump through your insurance.

Milwaukee-area Hospitals - Lactation Support Services

Ascension - Columbia St. Mary's	(414) 585-1440
Aurora West Allis Women's Pavilion	(414) 328-6234
Aurora Sinai Medical Center	(414) 219-5387
Froedtert Hospital	(414) 805-3995
Ascencion - St. Joseph's Hospital	(414) 447-2262
Children's Hospital Wisconsin	(414) 266-1757

Additional breastfeeding and lactation support resources

Breast pumps, aids, and supplies support	<p>Breast pumps are covered by most insurances and Medicaid: Contact your insurance or HMO advocate by calling the number on the back of your insurance card to determine your breast pump coverage and where you can go to get your insurance covered pump. If you have ForwardHealth, your health care provider will need to complete the ForwardHealth Breast Pump order form to get a pump. You are encouraged to have this completed prior to delivering your baby to reduce any potential delays in receiving a breast pump.</p> <p>Breast pump seems to not be working properly? Contact the manufacturer customer service of your pump. Many have an online chat feature and a phone number to text or call. They have trained lactation staff that can help troubleshoot your concerns, ensure the pump is put together properly and settings are appropriate. They may be able to replace your pump if it is malfunctioning and under warranty.</p> <p>Breast pump replacement pieces will be needed due to wear and tear and if become damaged or moldy. Replacement pieces include valves (duckbills or membranes), back flow protectors, tubing, breast shields/flanges, etc. Each manufacturer has recommendations on when and how often to replace pieces. You are encouraged to have an extra pair of valves (duckbills or membranes) on hand to ensure continued pumping. You can purchase parts through the manufacturer or look online to find another source.</p> <p>Breastfeeding aids and supplies such as, milk storage bags and nursing and hands-free pumping bras, etc. can sometimes be found at Target, Walmart, Buy Buy Baby, Amazon, and breast pump manufacturers.</p>
Workplace support	<p>Federal law: Break Time for Nursing Mothers Law requires most employers to provide:</p> <ul style="list-style-type: none"> • break time and a place for an employee to express breast milk for their nursing child for 1 year after the child's birth each time such employee has a need to express the milk. • a place, other than a bathroom, that is shielded from view and free from intrusion from coworkers and the public, which may be used by an employee to express breast milk. <p>See the Online Workplace Guide for resources to help make working and breastfeeding a success.</p>
Student support	<p>See Title IX Basics to learn more about your rights and Know Your Rights: Lactation to find basic information on your right to pump or nurse. Pregnant and parenting students facing discrimination or a non-accommodation and in need of support can call The Pregnant Scholar's free legal helpline (415) 703-8276 or www.pregnantscholar.org/contactus</p>
Wisconsin Right to Breastfeed Law	<p>253.165 Right to breast-feed. A mother may breast-feed her child in any public or private location where the mother and child are otherwise authorized to be. In such a location, no person may prohibit a mother from breast-feeding her child, direct a mother to move to a different location to breast-feed her child, direct a mother to cover her child or breast while breast-feeding, or otherwise restrict a mother from breast-feeding her child as provided in this section.</p>

Breastmilk donation

See Mothers' Milk Bank of the Western Great Lakes <https://www.milkbankwgl.org/donate-milk/> about how to become a milk donor.