|  |
| --- |
| **Breastfeeding Classes** |
| **Saint Luke’s Health System** Breastfeeding Basics * Register for online class: <https://classes.saintlukeskc.org>
 | **Research Medical Center**2316 E. Meyer Blvd, Kansas City, MO 64132* Register for online class: [www.hcamidwest.com](http://www.hcamidwest.com)
* 816-276-3145
 |
| **Liberty Hospital**Breastfeeding Basics2525 Glen Hendren Drive, Liberty, MO* Registration required: [www.libertyhospital.org/services/birthing-center/](http://www.libertyhospital.org/services/birthing-center/)
 | **University Health Lakewood Medical Center**7900 Lee's Summit Road, Kansas City, MO 64139* Call 816-404-8260 to register.
* www.universityhealthkc.org
 |

|  |
| --- |
| **Breastfeeding Support Groups** * If attending for the first time, please call ahead to verify times and locations.
 |
| **Saint Luke’s Health System – East**Legacy Conference Room, 3rd floor100 NE Saint Luke's Blvd, Lee's Summit, MO 64086* Mondays, 10:00-11:30am
* (816) 347-4680
* <https://classes.saintlukeskc.org>
 | **Priority Care Pediatrics (North Oak)** 9405 N. Oak Traffic way, Kansas City, MO 64155* 2nd and 4th Wednesday from 1:30-2:30pm
* Support group for Priority Care patients only
* [www.pcpeds.com/services/lactation-services](https://pcpeds.com/services/lactation-services/lactation-support-group/)
* (816) 412-2900
 |
| **North Kansas City Hospital**2800 Clay Edwards Drive, Kansas City, MO 64116Tuesdays * Every Tuesday 11:00am-12:30 p.m. Frontier Room
* [www.nkch.org/class/breastfeeding-support-group](http://www.nkch.org/class/breastfeeding-support-group)
* (816) 691-5177
 | **Liberty Hospital*** 2525 Glen Hendren Drive, Liberty, MO 64068
* Education Center, Rm EC5
* Every Monday morning 10-12pm (online registration required)
* <https://www.libertyhospital.org/services/birthing-center/>
* (816) 792-7219
 |
| **Pediatric Care North** 8781 N. Platte Purchase Drive, Kansas City, MO 64155* 2nd and 4th Tuesdays of the month 5-6pm & 1st and 3rd Tuesday of the month 10-11am. (current patients only)
* [www.pediatriccarenorth.com/lactation-services/](http://www.pediatriccarenorth.com/lactation-services/)
* (816) 587-3200
 | **Redwood Pediatrics - Liberty**9784 N. Ash Ave, Kansas City, MO 64157* 1st and 3rd Thursday evenings 6-7:30pm
* [www.redwoodkids.com](http://www.redwoodkids.com)
* Current patients only
* (816) 207-0070
 |
| **La Leche League of Greater Kansas City**For meeting locations visit their website.[www.lllofgreaterkc.org](http://www.lllofgreaterkc.org)  | **Mosaic Life Care**5325 Faraon St. St. Joseph, MO 64506* Hospital Support Group on Tuesdays from 5:00-7:00pm
* (816) 271-7984
 |
| **Uzazi Village**Chocolate Milk Café* Virtual Breastfeeding Support Group
* Meets 2nd Wednesday 6:00-7:30pm (virtual) and 4th Saturday 10:00 a.m.-12:00 p.m. (virtual)
* Register online: [www.chocolatemilkcafe.org/kansascity](http://www.chocolatemilkcafe.org/kansascity)
* (816) 541-3718
 | **Meritas Health Pediatrics**2700 Clay Edwards Dr., Ste. 500, North Kansas City, MO 64116* Group meets at North Kansas City Hospital 11-12:30pm every Tuesday in the Frontier Room.
* (816) 691-5177 www.nkch.org/class/breastfeeding-support-group
 |
| **University Health Truman Medical Center**Baby Café 2301 Holmes Street, Kansas City, MO 64108 Pemberton Conference room on the 3rd floor.* Meet on Wednesdays from 1:00-2:30pm
* [www.universityhealthkc.org/calendar](http://www.universityhealthkc.org/calendar)
* (816) 404-0474
 | **Health Care for Children**9051 NE 81st Ter. Suite 100, Kansas City, MO 64116* Support group every Tuesday 11:00-12:30pm.
* This group is for Clay County families.
* (816) 792-1170 ext. 4
 |
| **Centerpoint Medical Center**19600 E 39th Street S, Independence, MO 64057* Group meets on Mondays at 5:30pm and Fridays at 10am
* Anyone breastfeeding may attend.
* (816) 698-7399
 |  |

|  |
| --- |
| **Professional Support** |
| **Pediatric Care North**8781 N. Platte Purchase Drive, Kansas City, MO 64155* (816) 587-3200
* [www.pediatriccarenorth.com/lactation-services/](http://www.pediatriccarenorth.com/lactation-services/)
 | **Priority Care Pediatrics** 9405 N. Oak Trafficway, Kansas City, MO 64155 or 1540 NE 96th St, Liberty, MO 64068* (816) 412-2900
* [www.pcpeds.com/services/lactation-services](http://www.pcpeds.com/services/lactation-services)
 |
| **Meritas Health Pediatrics**2700 Clay Edwards Dr., Ste. 500, Kansas City, MO 64116* None at this time
 | **Centerpoint Medical Center**19600 E 39th Street S, Independence, MO 64057* (816) 698-7399
 |
| **Children’s Mercy Hospital*** Lactation consultants available at 816-234-3468 or 816-346-130
 | **Mosaic Life Care**5325 Faraon St. St. Joseph, MO 64506* [www.mymlc.com](http://www.mymlc.com)
* (816) 271-7984
 |
| **Health Care for Children**9051 NE 81st Ter. Suite 100, Kansas City, MO 64116.* Support for current patients
* www.healthcareforchildrenkc.com
* (816) 792-1170 ext. 4
 | **Uzazi Village**Breastfeeding Clinic4232 Troost Ave, Kansas City MO 64110* Free lactation consultation via phone or virtual
* Register online: [www.uzazivillage.org](http://www.uzazivillage.org)
* (816) 541-3718
 |
| **Peachy Births**444 N Bellview, Kansas City, MO 64116* Text: 913-703-3252
* [www.peachybirths.com](http://www.peachybirths.com)
* Lactation services available on sliding scale for Medicaid
 | **University Health Medical Center****Lakewood Location:**7900 Lee’s Summit Road, Kansas City, MO 64108* (816) 404-8260

**Truman Medical Center:**2301 Holmes, Kansas City, MO 64108* (816) 404-8260
* [www.universityhealthkc.org/services/maternity/lactation-services](http://www.universityhealthkc.org/services/maternity/lactation-services)
 |
| **Redwood Pediatrics (Liberty)**9784 N Ash Ave, Kansas City, MO 64157* (816) 207-0070

**Redwood Pediatrics (Parkville)** 6364 N Cosby Ave, Kansas City, MO 64151* (816) 540-1070

[www.redwoodkids.com](http://www.redwoodkids.com) | **Research Medical Center**2316 E Meyer Blvd, Kansas City, MO 64132* Outpatient visits available on a limited basis
* Any Mom may call to set up 1:1 lactation help
* (816) 276-3145
 |

|  |
| --- |
| **Women Infants and Children (WIC)** |
| **Clay County Public Health Center**800 Haines, Liberty, MO 64068* (816) 595-4358
* [www.clayhealth.com](http://www.clayhealth.com)
 | **Platte County Health Department**7925 NW 110th St, Kansas City, MO 64153* (816) 858-2412
* [www.plattecountyhealthdept.com](http://www.plattecountyhealthdept.com)
 |
| **University Health**Multiple Locations* (816) 404-4942
* [uhwic.org](http://www.uhwic.org)
* Charrlotte St, Grandview, Lakewood. Independence
 | **Samuel U. Rogers Health Center**Multiple Locations* (816) 474-4920
* <https://samrodgers.org/>
* Downtown, Cabot, Northland
 |
| **Crescent Clinic**8787 Blue Ridge Blvd, Kansas City, MO 64138* (816) 763-0969
 | **Swope Health Centers**3801 Dr. Martin Luther King Jr. Blvd, Kansas City, MO 64130* (816) 923-5800
* [www.swopehealth.org](http://www.swopehealth.org)
 |

|  |
| --- |
| **Breast Pumps** |
| **Contact Your Insurance Company*** Medicaid and most private insurance companies will provide a breast pump at no cost.
* Contact your insurance company before delivery or within 30 days after delivery to see if they will provide you with your own electric breast pump.
 |

|  |
| --- |
| **Books** |
| *The Womanly Art of Breastfeeding*8th Revised Edition. LLLI, 2010 | *Breastfeeding. A Parent’s Guide*Amy Spangler, MN, RN, IBCLC. 10th Edition. 2021 |
| *Nursing Mother, Working Mother*Gale Pryor 2007 | *The Breastfeeding Mother’s Guide to Making More Milk*Diane West & Lisa Marasco 2009 |
| *Great Expectations: The Essential Guide to Breastfeeding*Dr. Marianne Neifert 2009 | *Mothering Multiples: Breastfeeding & Caring for Twins or More*K. Gromada 3rd Ed, 2007 |

|  |
| --- |
| **Websites** |
| Find a Lactation Consultant in your area [www.ilca.org](http://www.ilca.org) [KC Area Private Practice IBCLCs (gkclca.com)](https://www.gkclca.com/kc-area-private-practice-ibclcs.html)  | American Academy of Pediatrics - Breastfeeding Information. [Breastfeeding - HealthyChildren.org](https://www.healthychildren.org/english/ages-stages/baby/breastfeeding/pages/default.aspx) |
| Evidence-based information on breastfeeding [www.kellymom.com](http://www.kellymom.com)  | Dr.Thomas Hale’s Infant Risk Center-drug information [www.infantrisk.com](http://www.infantrisk.com) or call 806-352-2519 |
| La Leche League [www.llli.org](http://www.llli.org) | National Breastfeeding Helpline: [Breastfeeding | Office on Women's Health (womenshealth.gov)](https://www.womenshealth.gov/breastfeeding) or call 800-994-9662 |

|  |
| --- |
| **Apps** |
| Baby Feeding Timer (7 day free trial, annual fee) | MommyMeds (annual fee) |
| Pacifi (Home State Health) | Nest Collaborative  |