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| **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 Basics  2525 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 |

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| **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 floor  100 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 64116  Tuesdays   * 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 |  |

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| **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 Clinic  4232 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 |

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| **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) |

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| **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. |

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| **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 |

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| **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 |

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