

# KC Metro Breastfeeding Resource Guide

Breastfeeding Classes	
<p><b><u>Liberty Hospital</u></b> Breastfeeding Basics 2525 Glen Hendren Drive, Liberty, MO</p> <ul style="list-style-type: none"> <li>Registration required: <a href="http://www.libertyhospital.org/services/birthing-center/">www.libertyhospital.org/services/birthing-center/</a></li> </ul>	<p><b><u>HCA Midwest</u></b> Research Medical Center 2316 E. Meyer Blvd, Kansas City, MO 64132</p> <ul style="list-style-type: none"> <li>Register for online class: <a href="http://www.hcamidwest.com">www.hcamidwest.com</a></li> <li>816-276-3145</li> </ul> <p>CenterPoint Medical Center 19600 E 39th St S, Independence, MO 64057</p> <ul style="list-style-type: none"> <li>Call 816-698-7399 to register.</li> <li>'Breastfeeding Successfully' in-person class, \$35</li> </ul>
<p><b><u>Saint Luke's Health System</u></b> Breastfeeding Basics Register for online class: <a href="https://classes.saintlukeskc.org">https://classes.saintlukeskc.org</a></p>	<p><b><u>University Health Lakewood Medical Center</u></b> 7900 Lee's Summit Road, Kansas City, MO 64139</p> <ul style="list-style-type: none"> <li>Call 816-404-8260 to register.</li> <li><a href="http://www.universityhealthkc.org">www.universityhealthkc.org</a></li> </ul>
Breastfeeding Support Groups	
<ul style="list-style-type: none"> <li>If attending for the first time, please call ahead to verify times and locations.</li> </ul>	
<p><b><u>Saint Luke's Health System – East</u></b> Legacy Conference Room, 3<sup>rd</sup> floor 100 NE Saint Luke's Blvd, Lee's Summit, MO 64086</p> <ul style="list-style-type: none"> <li>Mondays, 10:00-11:30am</li> <li>(816) 347-4680</li> <li><a href="https://classes.saintlukeskc.org">https://classes.saintlukeskc.org</a></li> </ul>	<p><b><u>Priority Care Pediatrics (North Oak)</u></b> 9405 N. Oak Traffic way, Kansas City, MO 64155</p> <ul style="list-style-type: none"> <li>2<sup>nd</sup> and 4<sup>th</sup> Wednesday from 1:30-2:30pm</li> <li>Support group for Priority Care patients only</li> <li><a href="http://www.pcpeds.com/services/lactation-services">www.pcpeds.com/services/lactation-services</a></li> <li>(816) 412-2900</li> </ul>
<p><b><u>North Kansas City Hospital</u></b> 2800 Clay Edwards Drive, Kansas City, MO 64116 Tuesdays</p> <ul style="list-style-type: none"> <li>Every Tuesday 11:00am-12:30 p.m. Frontier Room</li> <li><a href="http://www.nkch.org/class/breastfeeding-support-group">www.nkch.org/class/breastfeeding-support-group</a></li> <li>(816) 691-5177</li> </ul>	<p><b><u>Liberty Hospital</u></b></p> <ul style="list-style-type: none"> <li>2525 Glen Hendren Drive, Liberty, MO 64068</li> <li>Education Center, Rm EC5</li> <li>Every Monday morning 10-12pm (online registration required)</li> <li><a href="https://www.libertyhospital.org/services/birthing-center/">https://www.libertyhospital.org/services/birthing-center/</a></li> <li>(816) 792-7219</li> </ul>
<p><b><u>Pediatric Care North</u></b> 8781 N. Platte Purchase Drive, Kansas City, MO 64155</p> <ul style="list-style-type: none"> <li>2<sup>nd</sup> and 4<sup>th</sup> Tuesdays of the month 5-6pm &amp; 1<sup>st</sup> and 3<sup>rd</sup> Tuesday of the month 10-11am. (current patients only)</li> <li><a href="http://www.pediatriccarenorth.com/lactation-services/">www.pediatriccarenorth.com/lactation-services/</a></li> </ul>	<p><b><u>Redwood Pediatrics - Liberty</u></b> 9784 N. Ash Ave, Kansas City, MO 64157</p> <ul style="list-style-type: none"> <li>1<sup>st</sup> and 3<sup>rd</sup> Thursday evenings 6-7:30pm</li> <li><a href="http://www.redwoodkids.com">www.redwoodkids.com</a></li> <li>Current patients only</li> <li>(816) 207-0070</li> </ul>

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<ul style="list-style-type: none"> <li>• (816) 587-3200</li> </ul>	
<p><b><u>La Leche League of Greater Kansas City</u></b> For meeting locations visit their website. <a href="http://www.llofgreaterkc.org">www.llofgreaterkc.org</a></p>	<p><b><u>Mosaic Life Care</u></b> 5325 Faraon St. St. Joseph, MO 64506</p> <ul style="list-style-type: none"> <li>• Hospital Support Group on Tuesdays from 5:00-7:00pm</li> <li>• (816) 271-7984</li> </ul>
<p><b><u>Uzazi Village</u></b> Chocolate Milk Café</p> <ul style="list-style-type: none"> <li>• Virtual Breastfeeding Support Group</li> <li>• Meets 2<sup>nd</sup> Wednesday 6:00-7:30pm (virtual) and 4th Saturday 10:00 a.m.-12:00 p.m. (virtual)</li> <li>• Register online: <a href="http://www.chocolatemilkcafe.org/kansascity">www.chocolatemilkcafe.org/kansascity</a></li> <li>• (816) 541-3718</li> </ul>	<p><b><u>Meritas Health Pediatrics</u></b> 2700 Clay Edwards Dr., Ste. 500, North Kansas City, MO 64116</p> <ul style="list-style-type: none"> <li>• Group meets at North Kansas City Hospital 11-12:30pm every Tuesday in the Frontier Room.</li> <li>• (816) 691-5177 <a href="http://www.nkch.org/class/breastfeeding-support-group">www.nkch.org/class/breastfeeding-support-group</a></li> </ul>
<p><b><u>University Health Truman Medical Center</u></b> Baby Café 2301 Holmes Street, Kansas City, MO 64108 Pemberton Conference room on the 3rd floor.</p> <ul style="list-style-type: none"> <li>• Meet on Wednesdays from 1:00-2:30pm</li> <li>• <a href="http://www.universityhealthkc.org/calendar">www.universityhealthkc.org/calendar</a></li> <li>• (816) 404-0474</li> </ul>	<p><b><u>Health Care for Children</u></b> 9051 NE 81<sup>st</sup> Ter. Suite 100, Kansas City, MO 64116</p> <ul style="list-style-type: none"> <li>• Support group every Tuesday 11:00-12:30pm.</li> <li>• This group is for Clay County families.</li> <li>• (816) 792-1170 ext. 4</li> </ul>
<p><b><u>Centerpoint Medical Center</u></b> 19600 E 39<sup>th</sup> Street S, Independence, MO 64057</p> <ul style="list-style-type: none"> <li>• Group meets on Mondays at 5:30pm and Fridays at 10am</li> <li>• Anyone breastfeeding may attend.</li> <li>• (816) 698-7399</li> </ul>	

Professional Support	
<p><b><u>Pediatric Care North</u></b> 8781 N. Platte Purchase Drive, Kansas City, MO 64155</p> <ul style="list-style-type: none"> <li>• (816) 587-3200</li> <li>• <a href="http://www.pediatriccarenorth.com/lactation-services/">www.pediatriccarenorth.com/lactation-services/</a></li> </ul>	<p><b><u>Priority Care Pediatrics</u></b> 9405 N. Oak Trafficway, Kansas City, MO 64155 or 1540 NE 96<sup>th</sup> St, Liberty, MO 64068</p> <ul style="list-style-type: none"> <li>• (816) 412-2900</li> <li>• <a href="http://www.pcpeds.com/services/lactation-services">www.pcpeds.com/services/lactation-services</a></li> </ul>
<p><b><u>Meritas Health Pediatrics</u></b> 2700 Clay Edwards Dr., Ste. 500, Kansas City, MO 64116</p> <ul style="list-style-type: none"> <li>• None at this time</li> </ul>	<p><b><u>Centerpoint Medical Center</u></b> 19600 E 39<sup>th</sup> Street S, Independence, MO 64057</p> <ul style="list-style-type: none"> <li>• (816) 698-7399</li> </ul>
<p><b><u>Children's Mercy Hospital</u></b></p> <ul style="list-style-type: none"> <li>• Lactation consultants available at</li> </ul>	<p><b><u>Mosaic Life Care</u></b> 5325 Faraon St. St. Joseph, MO 64506</p> <ul style="list-style-type: none"> <li>• <a href="http://www.mylc.com">www.mylc.com</a>. Select services tab, then</li> </ul>

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816-346-1309. Interpreters are available.	<p style="text-align: center;">select Maternity Care</p> <ul style="list-style-type: none"> <li>• Tuesday support group for OB patients</li> <li>• (816) 271-7984</li> <li>• 816-271-1200 for general Women’s Health</li> </ul>
<p><b><u>Health Care for Children</u></b> 9051 NE 81<sup>st</sup> Ter. Suite 100, Kansas City, MO 64116.</p> <ul style="list-style-type: none"> <li>• IBCLC support for current patients (Sheri Brockett, ex. 1012)</li> <li>• <a href="http://www.healthcareforchildrenkc.com">www.healthcareforchildrenkc.com</a></li> <li>• (816) 792-1170</li> <li>• Have a Health Care for Children Lactation Support Facebook page</li> </ul>	<p><b><u>Uzazi Village</u></b> Breastfeeding Clinic 4232 Troost Ave, Kansas City MO 64110</p> <ul style="list-style-type: none"> <li>• Free lactation consultation by filling out intake form on website. Select Services tab then use Free Lactation Clinic to find intake form.</li> <li>• Inquiry will be followed up by email or phone call from Courtney</li> <li>• Register online: <a href="http://www.uzazivillage.org">www.uzazivillage.org</a></li> </ul>
<p><b><u>Peachy Births</u></b> 444 N Bellview, Kansas City, MO 64116</p> <ul style="list-style-type: none"> <li>• Text: 913-703-3252</li> <li>• <a href="http://www.peachybirths.com">www.peachybirths.com</a></li> <li>• Lactation services available on sliding scale for Medicaid</li> </ul>	<p><b><u>University Health Medical Center</u></b> <b>Lakewood Location:</b> 7900 Lee’s Summit Road, Kansas City, MO 64108</p> <ul style="list-style-type: none"> <li>• (816) 404-8260</li> </ul> <p><b>Truman Medical Center:</b> 2301 Holmes, Kansas City, MO 64108</p> <ul style="list-style-type: none"> <li>• (816) 404-8260</li> <li>• <a href="http://www.universityhealthkc.org/services/maternity/lactation-services">www.universityhealthkc.org/services/maternity/lactation-services</a></li> </ul>
<p><b><u>Redwood Pediatrics (Liberty)</u></b> 9784 N Ash Ave, Kansas City, MO 64157</p> <ul style="list-style-type: none"> <li>• (816) 207-0070</li> </ul> <p><b><u>Redwood Pediatrics (Parkville)</u></b> 6364 N Cosby Ave, Kansas City, MO 64151</p> <ul style="list-style-type: none"> <li>• (816) 540-1070</li> <li>• <a href="http://www.redwoodkids.com">www.redwoodkids.com</a></li> </ul>	<p><b><u>Research Medical Center</u></b> 2316 E Meyer Blvd, Kansas City, MO 64132</p> <ul style="list-style-type: none"> <li>• Outpatient visits available on a limited basis</li> <li>• Any Mom may call to set up 1:1 lactation help</li> <li>• (816) 276-3145</li> </ul>

Women Infants and Children (WIC)	
<p><b><u>Clay County Public Health Center</u></b> 800 Haines, Liberty, MO 64068</p> <ul style="list-style-type: none"> <li>• (816) 595-4358</li> <li>• <a href="http://www.clayhealth.com">www.clayhealth.com</a></li> </ul>	<p><b><u>Platte County Health Department</u></b> 7925 NW 110<sup>th</sup> St, Kansas City, MO 64153</p> <ul style="list-style-type: none"> <li>• (816) 858-2412</li> <li>• <a href="http://www.plattecountyhealthdept.com">www.plattecountyhealthdept.com</a></li> </ul>
<p><b><u>University Health</u></b> Multiple Locations</p> <ul style="list-style-type: none"> <li>• (816) 404-4942</li> <li>• <a href="http://uhwic.org">uhwic.org</a></li> </ul>	<p><b><u>Samuel U. Rogers Health Center</u></b> Multiple Locations</p> <ul style="list-style-type: none"> <li>• (816) 474-4920</li> <li>• <a href="https://samrodgers.org/">https://samrodgers.org/</a></li> </ul>
<p><b><u>Crescent Clinic</u></b></p>	<p><b><u>Swope Health Centers</u></b></p>

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8787 Blue Ridge Blvd, Kansas City, MO 64138 <ul style="list-style-type: none"> <li>(816) 763-0969</li> </ul>	3801 Dr. Martin Luther King Jr. Blvd, Kansas City, MO 64130 <ul style="list-style-type: none"> <li>(816) 923-5800</li> <li><a href="http://www.swopehealth.org">www.swopehealth.org</a></li> </ul>
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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.

## Books

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

## Websites

Find a Lactation Consultant in your area <a href="http://www.ilca.org">www.ilca.org</a> <a href="http://www.gkclca.com">KC Area Private Practice IBCLCs (gkclca.com)</a>	American Academy of Pediatrics - Breastfeeding Information. <a href="http://Breastfeeding-HealthyChildren.org">Breastfeeding - HealthyChildren.org</a>
Evidence-based information on breastfeeding <a href="http://www.kellymom.com">www.kellymom.com</a>	Dr. Thomas Hale's Infant Risk Center-drug information <a href="http://www.infantrisk.com">www.infantrisk.com</a> or call 806-352-2519
La Leche League <a href="http://www.llli.org">www.llli.org</a>	National Breastfeeding Helpline: <a href="http://Breastfeeding-Office-on-Womens-Health.womenshealth.gov">Breastfeeding   Office on Women's Health (womenshealth.gov)</a> or call 800-994-9662

## Apps

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