LACTATION SERVICES

The American Academy of Pediatrics recommends exclusive breastfeeding (no water, juices, cereal or table foods) for 6 months and then continued breastfeeding for the first year and beyond once solid foods are introduced. In order to help you with these goals we offer a variety of ways to access support for breastfeeding.

Breastfeeding Helplines: Call to ask a question or schedule a consult*

* Lactation consults are private outpatient appointments where mom and baby receive one-on-one breastfeeding support. Provider order required. Most insurances accepted.

<table>
<thead>
<tr>
<th>Location</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Akron General</td>
<td>330-344-5705</td>
</tr>
<tr>
<td>Cleveland Clinic Main Campus</td>
<td>216-445-7919</td>
</tr>
<tr>
<td>Fairview Hospital</td>
<td>216-476-7222</td>
</tr>
<tr>
<td>Hillcrest Hospital</td>
<td>440-312-5332</td>
</tr>
<tr>
<td>Wooster Family Health Center</td>
<td>330-287-4500</td>
</tr>
</tbody>
</table>

MOM AND BABY SUPPORT GROUPS

NO RESERVATIONS, NO CHARGE, BABY SCALE AVAILABLE

AKRON GENERAL

Tuesday 12:30 – 2:00 p.m.
2400 Postpartum Unit
(Follow signs to the green elevators)
1 Akron General Avenue, Akron 44307
330-344-5705

FAIRVIEW WELLNESS CENTER

Monday and Friday: 1:00 – 3:00 p.m.
3035 Wooster Road, Room 101
Rocky River, 44116
440-356-0347 or 216-476-7222

HILLCREST NORTH CAMPUS

Across from Hillcrest Hospital
6777 Mayfield Road
Mayfield Hts., 44124
440-312-5332

DAYTIME GROUPS:
Tuesday 11:00 a.m. - 12:30 p.m.
Friday 11:00 a.m. - 12:30 p.m.
Please park on east side of building

EVENING GROUP:
1st and 3rd Wednesdays: 6:00 - 7:00 p.m.
Please park on west side of building

INDEPENDENCE

Tuesday 10:00 a.m. – 11:30 a.m.
Cleveland Clinic Family Health Center
Lower Level, Meeting Room A
5001 Rockside Road, Independence, 44131
216-986-4000

LAKEWOOD – Nursing Moms Chat

Wednesday 9:30 - 11:00 a.m.
Lakewood United Methodist Church
Lakewood Family Room, Basement
15700 Detroit Road
Lakewood, 44107
440-356-0347 or 216-476-7222

SOLON FAMILY HEALTH CENTER

Wednesday 3:00 p.m. – 4:30 p.m.
29800 Bainbridge Road – 4th floor
Solon, 44139
1-440-519-6800

STRONGSVILLE FAMILY HEALTH CENTER

Wednesday 1:30 p.m. – 3:30 p.m.
16761 South Park Center Community
Room A 2nd Floor (Via Elevator)
Strongsville, 44136
1-440-878-2500

Breastfeeding support. Provider order required. Most insurances accepted.

Call to ask a question or schedule a consult*
### GET INFORMATION ON-LINE—HELPFUL BREASTFEEDING WEBSITES

<table>
<thead>
<tr>
<th>Website</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>health.clevelandclinic.org</td>
<td>LLLI.org (La Leche League)</td>
</tr>
<tr>
<td>naturalbreastfeeding.com</td>
<td>biologicalnurturing.com</td>
</tr>
<tr>
<td>bfmedneo.com/breastmassagevideo.aspx</td>
<td>womenshealth.gov/breastfeeding</td>
</tr>
<tr>
<td>newborns.stanford.edu/Breastfeeding</td>
<td>cdc.gov/breastfeeding</td>
</tr>
<tr>
<td>ilca.org</td>
<td>mommymeds.com</td>
</tr>
<tr>
<td>ohiobreastfeedingalliance.org</td>
<td>kellymom.com</td>
</tr>
<tr>
<td>spinprogram.ucsd.edu (supporting NICU babies)</td>
<td>lowmilksupply.org</td>
</tr>
<tr>
<td>bfar.org (breastfeeding after reduction)</td>
<td><a href="http://www.askdrsears.com">www.askdrsears.com</a></td>
</tr>
<tr>
<td>globalhealthmedia.org/videos/breastfeeding/</td>
<td>babyfriendlyusa.org</td>
</tr>
<tr>
<td>gvinfo.ru (foreign language: Russian)</td>
<td>unicef.org.uk/BabyFriendly/Resources/</td>
</tr>
<tr>
<td>nlm.nih.gov/medlineplus/languages/breastfeeding.html</td>
<td>ohiobreastfeedingalliance.org</td>
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