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
LACTATION SERVICES

GET INFORMATION ON-LINE—HELPFUL BREASTFEEDING WEBSITES

- www.health.clevelandclinic.org
- www.naturalbreastfeeding.com
- http://newborns.stanford.edu/Breastfeeding
- www.ilca.org
- www.breastfeedinginc.ca
- http://spinprogram.ucsd.edu (supporting NICU babies)
- www.bfar.org (breastfeeding after reduction)
- www.globalhealthmedia.org (Includes foreign language)
- http://gvinfo.ru (foreign language: Russian)
- wwwLLL.org (La Leche League)
- www.biologicalnurturing.com
- www.womenshealth.gov/breastfeeding
- www.cdc.gov/breastfeeding
- www.mommymeds.com
- www.kellymom.com
- www.lowmilksupply.org
- www.askdrsears.com
- www.babyfriendlyusa.org
- www.ohiobreastfeedingalliance.org

WIC CONTACTS BY COUNTY

<table>
<thead>
<tr>
<th>County</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ashtabula</td>
<td>440-998-7515</td>
</tr>
<tr>
<td>Lorain</td>
<td>440-323-7320</td>
</tr>
<tr>
<td>Cuyahoga</td>
<td>216-957-9421</td>
</tr>
<tr>
<td>Medina</td>
<td>330-723-9629</td>
</tr>
<tr>
<td>Geauga</td>
<td>440-789-3819</td>
</tr>
<tr>
<td>Portage</td>
<td>330-297-9422</td>
</tr>
<tr>
<td>Geauga County WIC support group</td>
<td>Middlefield Public Library, Monthly: 1st Tuesdays 10 a.m. Phone: 440-279-1936</td>
</tr>
<tr>
<td>Summit</td>
<td>330-375-2142</td>
</tr>
<tr>
<td>Lake</td>
<td>216-403-6014</td>
</tr>
<tr>
<td>Trumbull</td>
<td>330-394-0990</td>
</tr>
</tbody>
</table>

BREASTFEEDING SUPPORT SERVICES

- Akron General Women’s Center 330-344-7899
- Fairview Hospital Childbirth Education 440-356-0347
- Hillcrest Hospital Childbirth Education 440-312-4647
- WIC (Women, Infants & Children) Clinic 216-961-2233

Physician Lactation Consultation

Breastfeeding Medicine at Fairview Westown Physician Center
Dr. Tara S. Williams, MD, FAAP, FABM
Call 216-941-8888 to schedule a breastfeeding consultation

Dr. Williams has been a practicing pediatrician for over 12 years. Her passion for breastfeeding medicine stems from her own varied experiences with breastfeeding her 5 children. She aims to provide support and encouragement to all nursing moms to help them meet their own personal breastfeeding goals. Dr. Williams can provide specialized breastfeeding support for medically fragile babies including premature babies and infants with congenital heart disease.