

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.**

Akron General	330-344-5705
Cleveland Clinic Main Campus	216-445-7919
Fairview Hospital	216-476-7222
Hillcrest Hospital	440-312-5332
Wooster Family Health Center	330-287-4500

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

LAKESWOOD – 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

GET INFORMATION ON-LINE—HELPFUL BREASTFEEDING WEBSITES

• www.health.clevelandclinic.org	• www.LLLI.org (La Leche League)
• www.naturalbreastfeeding.com	• www.biologicalnurturing.com
• http://www.bfmedneo.com/breastmassagevideo.aspx	• www.womenshealth.gov/breastfeeding
• http://newborns.stanford.edu/Breastfeeding	• www.cdc.gov/breastfeeding
• www.ilca.org	• www.mommymeds.com
• www.breastfeedinginc.ca	• www.kellymom.com
• http://spinprogram.ucsd.edu (supporting NICU babies)	• www.lowmilksupply.org
• www.bfar.org (breastfeeding after reduction)	• www.askdrsears.com
• www.globalhealthmedia.org (Includes foreign language)	• www.babyfriendlyusa.org
• http://gvinfo.ru (foreign language: Russian)	• http://www.unicef.org.uk/BabyFriendly/Resources/Resources-in-other-languages/
• http://www.nlm.nih.gov/medlineplus/languages/breastfeeding.html	• www.ohiobreastfeedingalliance.org

WIC CONTACTS BY COUNTY

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

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.