

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

OLON 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

health.clevelandclinic.org	LLL1.org (La Leche League)
naturalbreastfeeding.com	biologicalnurturing.com
bfmedneo.com/breastmassagevideo.aspx	womenshealth.gov/breastfeeding
newborns.stanford.edu/Breastfeeding	cdc.gov/breastfeeding
ilca.org	mommymeds.com
ohiobreastfeedingalliance.org	kellymom.com
spinprogram.ucsd.edu (supporting NICU babies)	lowmilksupply.org
bfar.org (breastfeeding after reduction)	www.askdrsears.com
globalhealthmedia.org/videos/breastfeeding/	babyfriendlyusa.org
gvinfo.ru (foreign language: Russian)	unicef.org.uk/BabyFriendly/Resources/
nlm.nih.gov/medlineplus/languages/breastfeeding.html	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