

Breastfeeding Moms Are you worried about your milk supply?

Breastfeeding moms can drop in during office hours and have babies weighed. Questions and concerns can be addressed by IBCLC or other trained breastfeeding staff. If you have questions or if you prefer a scheduled appointment call 660-827-4599



Problems? We
can help.

Breastfeeding Drop In Center

Pettis County Health Center

911 East 16th Street
Sedalia MO, 65301

WIC Breastfeeding Peer Counselor

Gabriela Meza BFPC

660-827-4599

Helpline

660-988-3616

Area Lactation Consultants

Mary Lou Shane BS, IBCLC

660-619-0862

Pat Sturges RN, IBCLC

660-221-5602

Janice Johnson RN, BSN, IBCLC

660-221-5620

Ruthie Porter RN, BSN, IBCLC

660-553-0283

Community Partners

Early Head Start

4515 W Main St, Sedalia MO 65301
660-826-4400

A child and family development program for pregnant women, infants and toddlers to the age of three. Includes support for prenatal and breastfeeding mothers. Doulas* and staff certified in Infant massage are available.

*A **Doula** is someone who provides non-medical support to women and their families during labor and childbirth and also the postpartum period.

Birthright

1810 W 11th Sedalia Mo 65301
660-826-9060

Provide pregnancy tests, counseling, infant and maternity clothing. Provide information on pregnancy and baby development.

Breastfeeding Websites

www.kellymom.com

www.womenshealth.gov/breastfeeding

www.llli.org (La Leche League)

www.mobreastfeeding.org/

www.breastfeedingusa.org

Pettis County Health Center

This resource developed by
Pettis County Health Center

This institution is an equal opportunity
provider.

911 E 16th

Sedalia MO 65301

Phone: 660-827-4599

Fax: 660-827-1141

E-mail: gaby.meza@lpha.mo.gov

04/2017

PETTIS COUNTY

Breastfeeding Coalition



BREASTFEEDING RESOURCE GUIDE

Like us on Facebook.

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[PettisCountyBreastfeedingCoalition](http://www.facebook.com/PettisCountyBreastfeedingCoalition)

Breastfeeding Support

Products and Supplies

Pettis County Health Center

WIC Program

Both manual and electric breast pumps are available for WIC participants. Type of pump issued depends on needs of mother.

660-827-4599.

Plaza West Pharmacy

3330 W 10Th St Sedalia, MO

660-827-0000

Medela Symphony breastpumps for rent as well as breastfeeding accessories.

Babies R Us/National Rehab Breast Pump Solutions

The Affordable Care Act mandates that health insurance carriers offer breast pump coverage. The Breast Pump Solutions Program with National Rehab (NR) can help you obtain a breast pump through your insurance plan.

855-567-8669

Education



For: Pregnant or Breastfeeding Moms

Meet with a lactation consultant.

Bothwell Education Center

600 East 14th Street, Sedalia

Tuesday 4:00pm - 6:00pm

Thursday 10:00am -12:00pm

Baby Café Helpline: 660-619-8635

Walk-Ins Welcome

Monthly Pregnant / Breastfeeding Moms' Group on the "First Tuesday" of every month.

4:00 to 6:00 pm

Area Breastfeeding Classes

Pettis County Health Center

911 East 16th, Sedalia, MO

"Breastfeeding 101: Keep It Simple"

These classes are great for learning the most up to date information available to moms who choose to breastfeed.

Please call for dates and times as well as to register. **660-827-4599**

Bothwell Regional Health Center

601 East 14th, Sedalia MO

"Breastfeeding or Thinking About It"

This class is perfect if you plan to breastfeed or are still thinking about it. Successful breastfeeding techniques will be discussed and questions will be answered. Visit on the web at www.brhc.org or call **660-827-9138**.

Telephone Assistance

Pettis County WIC

Breastfeeding Helpline

660-988-3616

Speak to local trained professionals after normal WIC office hours and weekends. Get breastfeeding support and encouragement. Get answers to your breastfeeding questions.

Call or text.

National Breastfeeding Helpline

800-994-9662

Monday thru Friday 8:00am to 5:00pm. Trained breastfeeding peer counselors can help answer common breastfeeding questions by phone. The helpline operates in both English and Spanish.

Medication Questions

806-352-2519

Dr. Thomas Hale's

Infant Risk Center

Texas Tech Univ. Health

Sciences Center

Monday thru Friday 8:00am-5:00pm

Health professionals are on staff to answer both parents' as well as physicians' questions concerning safety of medications during pregnancy and breastfeeding.