

SUPPORTING BREASTFEEDING FAMILIES

EVERY OUNCE COUNTS!



RESOURCE GUIDE FOR BREASTFEEDING FAMILIES

OAKLAND COUNTY HEALTH DIVISION WIC SERVICES

WIC offers free breastfeeding classes, breast pumps, and other support services for WIC clients only.

Contact the Breastfeeding Coordinator:

Amanda Vagts, RD, IBCLC
248.431.1403

Contact a Certified Lactation Specialist:

248.858.1272 or 888.350.0900 ext. 81272

Marci Kovsky, CLS

Olivia Schuelke, CLS

Meg Seefelt, RD, CLS

Tammy Shaffer, CLS

Kathy Takeshita, RD, CLS

Breastfeeding Peers After Hours Number:

248.520.8513

Monday - Friday • 5:00 P.M. - 9:00 P.M.

Saturday • 9:00 AM. - 2:00 P.M.

OAKLAND COUNTY HEALTH DIVISION NURSE ON CALL

800.848.5533 | noc@oakgov.com

Monday - Friday • 8:30 A.M. - 5:00 P.M.

ADDITIONAL COMMUNITY SERVICES

Beaumont Health

Breastfeeding Classes and Services: 248.898.0599

Royal Oak / Troy: 248.964.6455

Beaumont Hospital, Farmington Hills

Breastfeeding Services: 248.471.8471

Ascension Providence Rochester Hospital

Breastfeeding Classes and Services: 248.652.5919

Ascension Providence Hospital - Novi Campus

Breastfeeding Clinic Novi & Southfield: 248.465.3880

St. Joseph Mercy Oakland Hospital

Lactation Office and Breastfeeding Classes: 248.858.6455

Henry Ford Hospital - West Bloomfield

Breastfeeding Services and Classes: 248.325.0037

Continued

BREAST PUMPS

Most health insurances cover breast pumps. Check with your insurance company while you are still pregnant to verify the type of breast pump covered so you are prepared when baby is born.

Beaumont Home Medical Equipment

Rental and Sales 248.743.9100

Binson Medical Supply - Royal Oak

Sales Only 248.288.0440

Oakland County WIC - WIC Clients Only

Manual, electric, and loaner pumps available for free



FREE BREASTFEEDING SUPPORT

La Leche League of Lake Orion

lakeorionlll.weebly.com

La Leche League of Royal Oak

llroyaloak.weebly.com/series-meetings.html

Meet Nurse Love

Oakland County Breastfeeding Coalition

obreastfeeding.org

Best Beginnings Breastfeeding Support Group

St. Joseph Mercy Hospital: 248.858.6455

Black Mothers Breastfeeding Association

blackmothersbreastfeeding.org

800.313.6141

ONLINE RESOURCES AND DISCUSSION GROUPS

The following sites are for informational purposes only. Be sure to check with your health care provider for accurate medical advice.

Websites

About Your New Baby

marchofdimes.com/baby/baby.html

Breastmilk Counts

breastmilkcounts.com

Business Case for Breastfeeding

womenshealth.gov/breastfeeding/government-in-action/business-case-for-breastfeeding/

United States Breastfeeding Committee

usbreastfeeding.org

24-Hour Cribside Assistance for Dads

newdadmanual.ca

Discussion Groups

Breastfeeding and Parenting

kellymom.com

Mother to Mother Forums

lli.org

Inspiring Natural Families

mothering.com/community/f/

