

## Breastfeeding Resources

### Medication Questions

**Dr. Thomas Hale's Infant Risk Center**  
Texas Tech Univ. Health Sciences Center  
Monday – Friday 8:00am-5:00pm  
806-352-2519  
[www.ttuhscc.edu/infantrisk](http://www.ttuhscc.edu/infantrisk)

### Products & Supplies

Target (Avent/Medela) 573-635-8401 <a href="http://www.ameda.com">www.ameda.com</a> <a href="http://www.avent.com">www.avent.com</a> <a href="http://www.medela.com">www.medela.com</a>	<b>*Whaley's Pharmacy</b> 573-634-3606 573-636-3733 <b>Mommy &amp; Me</b> 573-659-0650 <b>*Medela Rental Station</b>
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### Recommended Readings

#### The Breastfeeding Mother's Guide to Making More Milk

Diane West & Lisa Marasco 2009

#### Great Expectations: The Essential Guide to Breastfeeding

Dr. Marianne Neifert 2009

#### Mothering Multiples: Breastfeeding and Caring for Twins or More

K. Gromada 3<sup>rd</sup> Ed, 2007

#### Nursing Mother, Working Mother

Gale Pryor 2007

#### The Womanly Art of Breastfeeding

8th Revised Edition LLLI, 2010

### Websites

[www.kellymom.com/index.html](http://www.kellymom.com/index.html)

#### Dr. Newman's Pages

[www.breastfeedingonline.com/newman.shtml](http://www.breastfeedingonline.com/newman.shtml)

#### La Leche League International

[www.llli.org](http://www.llli.org)

## Breastfeeding Help for Moms

### Capital Region Pediatric Associates

Juanita Bacon, MSN, CPNP, IBCLC  
573-632-5525  
[jbacon2@mail.crmc.org](mailto:jbacon2@mail.crmc.org)

### Cole County Health Department

Helpline - WIC Participants Only  
Anna 573-418-4645  
Renee 573-694-3085

*Breast pumps are available to WIC participants.  
Call the WIC office after your baby is born  
and a health professional will determine  
if a pump is available to meet your needs.*

Melinda Ridenhour, RD, LD, IBCLC  
573-636-2181 ext. 3116  
[mlridenhour@colecoun.org](mailto:mlridenhour@colecoun.org)

### La Leche League

Nancy 573-896-8573  
Rebecca 573-659-4796  
[lllccmo@gmail.com](mailto:lllccmo@gmail.com)

### St. Mary's Health Center

Becky Schwaller, RN, BSN, IBCLC  
573-761-7000 ext. 3330  
[rebecca\\_schwaller@ssmhc.com](mailto:rebecca_schwaller@ssmhc.com)

### Whaley's Pharmacy

Tacy Welling, CBE  
573-632-2021 ext. 102  
Bill 573-353-4519  
[tacy@whaleysrx.com](mailto:tacy@whaleysrx.com)



*This Resource Developed by Cole County Health Department  
An Equal Opportunity Provider (4/11)*

## Breastfeeding Support Groups

### Cole County Health Department

Missouri River Regional Library  
214 Adams Street, Jefferson City  
2<sup>nd</sup> Floor – Story Time Room  
First Tuesday of Every Month  
6:00 – 7:30 Food Provided  
RSVP to Anna 573-418-4645

### Lincoln University

Inman E. Page Library, Room 100  
712 Lee Drive, Jefferson City  
Third Wednesday of Every Month  
12:00 Lunch Provided  
RSVP to Renee 573-694-3085

### La Leche League

Missouri River Regional Library  
214 Adams Street, Jefferson City  
2<sup>nd</sup> Floor – Story Time Room  
Third Tuesday of Every Month  
6:30 – 8:30  
Nancy 573-896-8573  
[lllccmo@gmail.com](mailto:lllccmo@gmail.com)

### St. Mary's Health Center

100 St. Mary's Medical Plaza  
Jefferson City  
Fourth Wednesday of Every month  
12:00 Lunch Provided  
RSVP to Becky  
573-761-7000 ext. 3330  
[Rebecca\\_Schwaller@ssmhc.com](mailto:Rebecca_Schwaller@ssmhc.com)

### Whaley's Pharmacy (Mom & Me)

Whaley's Marketing Office  
1431 Southwest Blvd. Suite 6  
Jefferson City  
Second Wednesday of Every Month  
12:00 Lunch Provided  
RSVP to 573-632-2021

### Find us on Facebook

“Cole County Breastfeeding Support Groups”