



Breastfeeding Resources

for Hamilton County and Surrounding Areas

For all area resources and more, go to www.swohio-bc.org or scan



Hospital Breastfeeding Support Resources

All hospitals listed have a Warmline for breastfeeding questions. The majority offer breastfeeding classes and support groups. All offer outpatient appointments. Most services are open to babies born anywhere. Call to confirm information. Some hospitals have fees for breastfeeding classes and outpatient visits, this fee may be covered under insurance.

Hospital	Warmline number	Breastfeeding support group
The Christ Hospital		
- Mt. Auburn	513-585-0597	Yes
- Liberty	513-648-7671	Yes
Cincinnati Children's		
- Breastfeeding Medicine Clinic	513-636-2326	No
- Primary Care Clinic patients	513-636-7722	No
Ft. Hamilton/Kettering Health Hamilton	937-401-6881	Yes
Mercy Health - Anderson	513-233-6778	Yes
- Fairfield	513-870-7883	Yes
- West	513-215-2030	Yes
St. Elizabeth	859-301-2631	Yes
TriHealth - Bethesda North and Good Samaritan	513-862-7867	No
UC Health - Clifton	513-584-5257	No
- West Chester	513-298-3301	Yes

Community Groups

Mom to mom support is proven to help moms reach their breastfeeding goals. There are many in our area, some of which hold virtual meetings. For more information, see QR code at top of page.

AMEN – All Moms Empowered to Nurse

513-299-8291
amencincy.org

- Westchester 513-298-3301

Baby Café
babycafeusa.org

- Forest Park 513-917-0608

- Clifton 513-584-5239

The Christ Hospital
Must register prior to meeting.

- Mt Auburn 513-648-7671

-Liberty 513-585-0597

Breastfeeding Outreach for Our Beautiful Sisters

513.783.2301
Ext 102

breastfeeding-boobs.com

Breastfeeding USA

Text 513-226-9272

breastfeedingusa.org

La Leche League

llohio.org

L.E.C.H.E. (En Español)

513-636-3930

Call for Advice

- Ohio Department of Health Breastfeeding Hotline (24 hours a day, no cost) **888-588-3423**
- Office on Women's Health **1-800-994-9662**
- Area Breastfeeding Resources swohio-bc.org/breastfeeding-help

WIC Breastfeeding Support

WIC offers breastfeeding support and encouragement for pregnant and postpartum moms: breastfeeding peers (mom-to-mom breastfeeding support), classes, handouts, and pumps; as well as baby weight checks.

Hamilton County WIC has a YouTube channel with helpful videos youtube.com/c/hamiltoncountywic and a Spanish speaking Dietitian, Certified Lactation Counselor at the 7 Hills office at 513-522-4300.



Butler County
513-896-7022

Clermont County
513-515-2650

Hamilton County
513-821-6813

Northern Kentucky
859-363-2113

Warren County
513-695-1217

WIC families have free transportation available via Medicaid. Call the 1-800 number on back of Medicaid card for free transportation. Call at least two business days ahead.

Private IBCLCs

There are many International Board Certified Lactation Consultants (IBCLC's) in the Cincinnati area. You may want to ask your pediatrician for referrals based on your specific needs.

You may also search these pages (lists may not be complete):

- swohio-bc.org/breastfeeding-help
- uslca.org/resources/find-an-ibclc

Breastfeeding Laws



Affordable Care Act: Lactation support and equipment are covered benefits with the Affordable Care Act. Check with your insurance for billing questions.

Ohio Rev Code Ann. 3781.55 (2005): A mother is entitled to breastfeed her baby in any location of a place of public accommodation wherein the mother is otherwise permitted. (SB 41) Every state has a similar law protecting breastfeeding.

Federal Fair Labor Standards Act: Requires employers to provide reasonable break time for an employee to express breast milk for her nursing child for one year after the child's birth each time such employee has the need to express the milk. Employers are also required to provide a place, other than a bathroom, that is shielded from the view and free from intrusion from coworkers and the public, which may be used by an employee to express breast milk.

Online Resources

Videos

"Baby's First Meal"
tiny.cc/firstfeed



Holds/positions
tiny.cc/feedholds

How to latch
tiny.cc/goodlatch



Hand Expression
tiny.cc/handexpress

Make a pumping bra
tiny.cc/pumpingbra



Breastfeeding information

Find links to these and more at swohio-bc.org/links



- Cincinnati Children's
- It's Only Natural by WomensHealth.gov
- WIC

Breastfeeding ebook- free
tiny.cc/bfbook



Medications & Milk Safety

Call your baby's doctor

Need a Pump?

Check out our guidance info on how to pick and get your insurance pump.

