

KENTUCKY BREASTFEEDING RESOURCE GUIDE 2013



Kentucky Public Health
Prevent. Promote. Protect.



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WIC Program
Nutrition Services Branch
Division of Maternal and Child Health
Kentucky Department for Public Health
275 East Main Street, HS2W-D
Frankfort, KY 40621-0001

<http://chfs.ky.gov/dph/mch/ns/breastfeeding.htm>
<http://kybreastfeeding.com/>

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Website Resource Guide Changes

The Kentucky Breastfeeding Website will maintain a copy of the resource guide at <http://kybreastfeeding.com>. You can select an area of the state and print. If there are any changes, contact Marlene Goodlett via email at Marlene.Goodlett@ky.gov with the information.



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Overview

This resource guide is intended to assist both health professionals and women in Kentucky who need reliable breastfeeding information. Helpful breastfeeding support and information comes from such resources as:

1. International Board Certified Lactation Consultants (IBCLC);
2. Certified Lactation Counselors (CLC)/Certified Lactation Specialists (CLS);
3. Hospitals that provide Kangaroo Care;
4. Hospital based/Private Lactation Consultants;
5. Physicians and hospital staff trained in breastfeeding;
6. Kentucky WIC Program (Local agencies and Regional Breastfeeding Coordinators);
7. La Leche League;
8. WIC Breastfeeding Peer Counselors;
9. Local breastfeeding support groups/coalitions; and
10. Former and current breastfeeding mothers.



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Breastfeeding Goals

The Kentucky WIC Program continues to strive to meet the Healthy People 2020 breastfeeding goals listed below:

- To increase to 81.9% the proportion of mothers who breastfeed their babies in the early postpartum period.
- To increase to 60.5% the proportion of mothers who breastfeed their babies through 5 to 6 months of age.
- To increase to 34.1% the proportion of mothers who breastfeed their babies through the end of 1 year.
- To increase to 44.3% the proportion of mothers who exclusively breastfeed their babies through 3 months.
- To increase to 23.7% the proportion of mothers who exclusively breastfeed their babies through 6 months.
- To decrease the proportion of breastfed newborns who receive formula supplementation within the first 2 days of life to 10%.
- Increase the proportion of employers that have worksite lactation support programs to 38%.
- To increase the proportion of live births that occurs in facilities that provide recommended care for lactating mother and their babies to 8.1%.



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The Strategic Plan for Improving Breastfeeding Rates in Kentucky Development

Kentucky breastfeeding advocates have created a strategic plan to increase breastfeeding rates to improve the health and well being of or residents, as well as reduce health care costs. The complete Strategic Plan can be found at <http://kybreastfeeding.com>. Below is a quick outline of the goals and strategies of the plan.

Maternity Care and Hospital Practice

- Increase the number of hospitals that implement skin-to-skin policies from nineteen percent (19%) to twenty-five percent (25%).
- Establish insurance reimbursement strategies for breastfeeding education during prenatal care utilizing American Congress of Obstetricians and Gynecologist (ACOG) standards.
- Establish outpatient clinical lactation services within hospitals and/or local health departments through pediatric primary care providers or hospitals.
- Increase follow-up breastfeeding visits by pediatric care providers.
- Increase the number of hospitals that achieve baby friendly status or implementing the Ten (10) Steps to Successful Breastfeeding.
- Increase the number of health professionals that become International Board Certified Lactation Consultants (IBCLCs).

Support for Breastfeeding in the Workplace

- Increase the number of employers with policies to support lactation programs.
- Increase the number of health insurance plans available that cover lactation support services, breast pump equipment and supplies for all participants.

Peer Support

- Establish the WIC Breastfeeding Peer Counselor Program statewide.
- Increase referrals to WIC Breastfeeding Peer Counselors, La Leche League, and other breastfeeding peer groups by healthcare professionals.

Educating Mother and Families

- Educate network of social service programs and other public and private partners to provide a consistent breastfeeding message to prenatal women.
- Establish a breastfeeding education and marketing campaign to target a mother's primary support network.

Healthcare Professional Support

- Offer evidence based content on breastfeeding and human lactation in health professional courses of study.
- Increase opportunities for evidence based content on breastfeeding and human lactation in continuing education.

Media and Social Marketing

- Lactation Improvement Network of Kentucky (LINK) will develop an integrated network of online media to disseminate breastfeeding information.

International Board Certified Lactation Consultant (IBCLC)

An International Board Certified Lactation Consultant (IBCLC) is an allied health care professional who has extensive experience working with breastfeeding women and their babies in normal and unusual situations. IBCLCs work in many settings including: hospitals, private practice, physician's offices, home care services, health agencies, etc. They assess the mother and baby, take a history, observe the mother and baby breastfeeding, write care plans, report to the mother's and baby's primary care providers and arrange for follow-up. IBCLCs pass a rigorous, independent, accredited certifying examination and receive payment for their services. Many IBCLCs also provide educational programs and updated resources for health care professionals.

Breastfeeding counselors and IBCLCs may work closely together when a mother is experiencing a breastfeeding problem. Once the problem is resolved, the IBCLC may refer the mother back to the breastfeeding counselor for continued support.

For more information on the IBCLC Credential, contact the International Board of Lactation Consultant Examiners (IBCLE) at www.IBCLE.org or (703) 560-7330.

To find an IBCLC in your area visit http://americas.ibcle.org/find_an_ibclc.

Certified Lactation Counselors (CLC)

Certified Lactation Counselors (CLC) is not a professional designation, but rather a person who has successfully completed a forty (40) hour course of training and received a certificate. The CLC, like all certificates of added qualification, does not carry regulatory authority for licensure. The certificate is valid for three (3) years and may be renewed via submission of proof of eighteen (18) hours of continuing education in breastfeeding and human lactation. All health professionals should seek information concerning this certificates relationship to licensure, accreditation or employment opportunities.

Certified Lactation Specialist (CLS)

Certified Lactation Specialist (CLS) is not a professional designation, but rather a person who has successfully completed a forty (40) hour course of training and received a certificate. The CLS, like all certificates of added qualification, does not carry regulatory authority for licensure. The certificate is valid for five (5) years and a repeat online certification exam is required. All health professionals should seek information concerning this certificates relationship to licensure, accreditation or employment opportunities.

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La Leche League (LLL)

La Leche League (LLL) is an international, nonprofit, nonsectarian organization dedicated to providing education, information, support and encouragement to women to breastfeed. Volunteer Leaders are breastfeeding mothers who have completed a Leader Development Program. They provide general breastfeeding counseling free of charge over the phone, in person and at group support meetings.

To find a Leader, visit the LLL website at www.lalecheleague.org or phone 1-800-LA-LECHE. For the most up to date information about meetings in Kentucky visit www.llofky.org.

Baby Friendly Hospitals

The Baby Friendly Hospital Initiative is a global program developed by the World Health Organization and UNICEF (the United Nations Children's Fund). This program is based on the Ten Steps to Successful Breastfeeding. This program recognizes birthing facilities that offer breastfeeding mothers the information, confidence and skills needed to successfully initiate and continue breastfeeding their babies.

For more information, visit www.babfriendlyusa.org.

Kangaroo Care

Kangaroo Care is the act of placing a newborn baby directly on the mother's chest immediately after birth. Kangaroo Care has been shown to help baby transition to the outside world after birth. Kangaroo Care keeps babies warmer, increases breastfeeding rates, and is "best care" for moms and babies.

Kentucky recently trained all birthing facilities on Birth Kangaroo Care during the Kentucky Kangaroo Care Initiative. This initiative was a partnership between WIC, Lactation Improvement Network of Kentucky (LINK) and the University of Louisville Hospital. Regional trainings were held across the state to train 100% of birthing facilities in Kentucky on Birth Kangaroo Care. Currently 94% of birthing facilities in Kentucky offer Birth Kangaroo care. Hospitals that have implemented Birth Kangaroo Care have shown an increase in their breastfeeding rates.

For more information visit <http://www.kangarocareusa.org/>.



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WIC Program Breastfeeding Support

WIC is the “Supplemental Nutrition Program for Women, Infants and Children.” The federally funded time limited program which serves pregnant and breastfeeding women, infants and children ages 1-5. Participants qualify based on household income and nutrition risk. WIC provides nutrition counseling to promote a healthy pregnancy and healthy infants and children. WIC also provides healthy foods such as milk, cheese, bean, juice and cereal.

The Kentucky WIC Program supports breastfeeding by providing information and materials during nutrition counseling and linking mothers to breastfeeding resources. WIC offers a variety of breast pumps to help mothers who may have a medical need or who will be returning to work or school and need help maintaining their milk supply. WIC provides training to staff at health departments, hospitals and clinics to assist health care professionals in staying abreast of developments in lactation counseling and management.

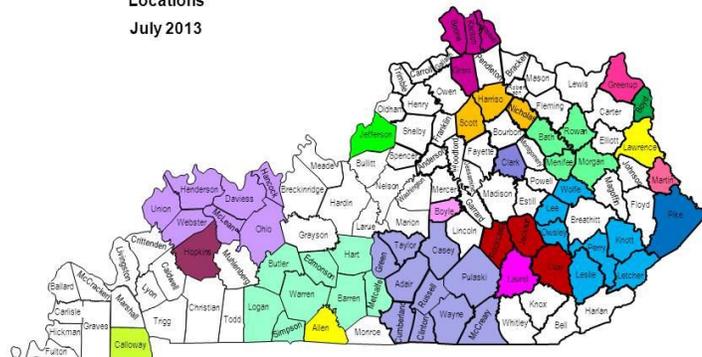
WIC Breastfeeding Peer Counselors

WIC Breastfeeding Peer Counselors are current or former WIC participants with personal breastfeeding experience that are enthusiastic about breastfeeding and want to help other mothers enjoy a positive and successful experience with breastfeeding. Peer Counselors provide basic breastfeeding information and support to WIC mothers and provide ongoing support and practical suggestions for breastfeeding that are modeled on their own life experiences. They are available outside usual clinic hours and outside the WIC Clinic environment. The Peer Counselors help mothers overcome the influences that encourage formula use, normalize breastfeeding and support recommendations of health care professionals and refer as needed.

Breastfeeding Peer Counseling is a significant factor in improving breastfeeding initiation and duration rates among WIC participants. The program is offered at the areas served by the following health departments:

- Allen County
- Ashland-Boyd County
- Barren River District
- Boyle County
- Calloway County
- Clark County
- Cumberland Valley District
- Gateway District
- Green River District
- Greenup County
- Hopkins County
- Kentucky River District
- Lake Cumberland District
- Laurel County
- Lawrence County
- Louisville-Metro
- Martin County
- Northern Kentucky District
- Pike County
- Wedco District

WIC Breastfeeding Peer Counselor
Locations
July 2013



Breast Pumps and Breastfeeding Equipment

Breast pumps come in a variety of styles and price ranges. The type of pump selected should be based on its purpose.

- **Hospital-grade electric breast pumps** may be needed for high-risk mother and baby to establish and maintain lactation during periods of extended separation or other medical problems. These pumps are usually rented with preauthorization from insurance companies, including the Kentucky Medicaid Program. Other programs such as Kentucky WIC, reimburse for hospital-grade rentals if the mother is a WIC participant, and there is a medical need. A prescription is needed from the baby's doctor stating the need for the baby to have his mother's breast milk. The prescription must be taken to the WIC office for processing prior to renting the pump. If a hospital feels that a mother needs a hospital grade pump they need to contact the local WIC agency in which the mother receives WIC.
- **Personal (single-user) electric breast pumps** are appropriate for women who are breastfeeding and need to pump regularly during the day. These women often have returned to the workplace or to school and are able to express both breasts simultaneously.
- **Hand pumps** are appropriate for women who have a thriving, breastfed baby and need to only pump occasionally. Hand pumps are also useful for providing short-term relief from engorgement or for pumping due to missed feedings. There are many different styles and manufacturers of hand pumps and most only express one breast at a time.

The table below provides examples of several companies who manufacture breast pumps. This is not an all-inclusive list. For more information on these companies, their product lines and retail outlets, use the phone numbers or visit the websites.

| Company | Hospital-Grade | Personal Electric | Hand | Other Accessories |
|---|---------------------------------|---|------------------------------|--|
| Ameda/Egnell/Evenflo 2000 Hollister Drive Libertyville, IL 60048-3781 (866) 99-Ameda www.ameda.com | Elite Lact-E Lact-E light | Purely Yours | One-Hand pump | Large flanges |
| Medela, Inc. 1101 Corporate Drive McHenry, IL 60050 (800) 435-8316 www.medela.com | Lactina Symphony | Pump In Style Freestyle Swing | Harmony Spring Express | Large flanges Foot-pedal pump |
| Hygeia II Medial Group Inc. 1370 Decision Street, Suite C Vista, CA 92081 (888) Pump-4-mom www.hygeiababy.com | Endeare | Enjoye | Hygeia Manual Pump | Expression Hazelbaker Fingerfeeder |

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Breast Milk Storage

Breastfeeding women must receive accurate information about collecting, storing and warming expressed breast milk to maintain the quality and safety of the milk for later feeding. The mother must be instructed to use thawed milk within 24 hours after thawing.

General Guidelines for Storage of Breast milk:

| Location | Temperature | Duration |
|---|-------------|-------------|
| Room Temperature | Up to 77°F | 6-8 hours |
| Insulated Cooler Bag | 5-39°F | 24 hours |
| Refrigerator | 39°F | 5 days |
| Freezer compartment of refrigerator | 5°F | 2 weeks |
| Freezer compartment of refrigerator with separate doors | 0°F | 3-6 months |
| Chest of upright deep freeze | -4°F | 6-12 months |

From Centers for Disease Control and Prevention: Proper Handling and Storage of Human Milk.

http://www.cdc.gov/breastfeeding/recommendations/handling_breastmilk.htm.

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Kentucky Breastfeeding Coalitions

Lactation Improvement Network of Kentucky (LINK)

Area: Statewide
Meeting Location: TBD
Contact Information: **Cerise Bouchard**
breastfeedinglink@gmail.com
Contact Title/Position: President
Meeting Dates: TBD
Newsletter: Yes
Website: www.breastfeedkentucky.com

Kentuckiana Lactation Improvement Coalition (KLIC)

Area: Central Kentucky, Indiana
Meeting Location: Louisville
Contact Information: **Doraine Bailey**
Lexington-Fayette County Health Department
(859) 288-2348
DoraineF.Bailey@ky.gov
Meeting Dates: Quarterly
Breastfeeding Conference: Annually
Newsletter: Yes
Website: www.klicbreastfeeding.org

Eastern Kentucky Breastfeeding Coalition

Area: Eastern KY
Contact information: **Jan Johnson**
Pike County Health Department
(606) 437-5500
JanE.Johnson@ky.gov
Meeting Dates: Varies
Breastfeeding Conference: Annually
Newsletter: No

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Western Kentucky Breastfeeding Coalition

Area: Western Kentucky, Tennessee
Meeting Location: Varies
Contact Information: **Merritt Bates Thomas**
Green River District Health Department
(270) 852-5561
Merritt.Thomas@ky.gov

Donna Whistle
Green River District Health Department
(270) 852-5454
Donna.Whistle@grdhd.org

Meeting Dates: Quarterly
Breastfeeding Conference: Annually
Newsletter: No

Northern Kentucky Breastfeeding Coalition

Area: Northern Kentucky
Meeting Location: 610 Medical
Village Drive
Edgewood, Kentucky
Contact Information: **Mandy Schulkers**
Northern Kentucky District Health Department
(859) 363-2113
amanda.schulkers@nkyhealth.org

Meeting Dates: Quarterly
Breastfeeding Conference: Annually
Newsletter: No

Baby Net

Area: Bowling Green Area
Meeting Location: Barren River District Health Department
Contact Information: www.babynetky.com
Meeting Dates: Quarterly 3rd Wednesday of the month.
Breastfeeding Conference: NA
Newsletter: No

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International Board Certified Lactation Consultants (IBCLC)

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| <p>Janet Johnson, RD, LD, IBCLC Pike County Health Department 119 River Drive Pikeville, KY 41501 (606) 437-5500 ext. 590 JanE.Johnson@ky.gov</p> | <p>Cindy Derfield, RN, IBCLC, CCE King's Daughters Medical Center 2201 Lexington Avenue Ashland, KY 41101 Breastfeeding Hotline: (606) 408-7366</p> |
| <p>Barbara Mays, RN, CLC, IBCLC April Cremer, IBCLC Lake Cumberland Regional Hospital Somerset, KY 42503</p> | <p>Pala Marcum, RN, IBCLC St. Joseph London 1001 Saint Joseph Lane London, KY 40741 (606) 330-6300</p> |
| <p>Meghan Noble, RN, IBCLC Magoffin County Health Department 132 East Mountain Parkway Salyersville, KY 41465 606-349-6212 ext. 118 MeghanJ.Noble@ky.gov</p> | <p>Alissa Parker, MSN, APRN, CPNP Professional Pediatrics 105 Thompson Road Russell, KY 41169 606-833-8480</p> |

Greenup Co. Health Dept.
606-473-9838

Breast Milk
100% *Natural*






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WIC Regional Breastfeeding Coordinators

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| <p>Karen Pelfrey, RN, CLS Kentucky River District Health Department Wolfe County Center P.O. Box 98 Campton, KY 41701 (606) 668-3185 KarenS.Pelfrey@ky.gov Covers: Kentucky River District and Breathitt counties</p> | <p>Janet Johnson, RD, LD, IBCLC Pike County Health Department 119 River Drive Pikeville, KY 41501 (606) 437-5500 ext. 590 JanE.Johnson@ky.gov Covers: Pike, Lawrence, Martin, Floyd, Johnson, and Magoffin counties</p> |
| <p>Kimberly Coffey, RN, CLC Cumberland Valley District Health Department Rockcastle County Center 120 Richmond Street P.O.Box 840 Mt. Vernon, KY 40465 (606) 256-2242 ext. 137 KimberlyA.Coffey@ky.gov Covers: Cumberland Valley District, Laurel, Whitley, Knox, Madison, Estill, Bell and Harlan counties</p> | <p>Jennifer Burchett, RN, BSN, CLS Ashland-Boyd County Health Department 2924 Holt Street Ashland, KY 41101 (606) 329-7181. 2263 JenniferM.Burchett@ky.gov Covers: Boyd, Greenup, Lewis, Carter, Elliott, Rowan, Morgan Menifee, Powell, Montgomery, Bath and Fleming counties</p> |

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WIC Breastfeeding Peer Counselor Program

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| <p>Ashland-Boyd County Health Department Contact: Jennifer Burchett (606) 329-9444 Ext. 2235 JenniferM.Burchett@ky.gov</p> | <p>Cumberland Valley District Health Department Contact: Kim Coffey (606) 256-2242 Ext. 137 KimberlyA.Coffey@ky.gov</p> |
| <p>Gateway District Health Department Contact: Lora Gullett (606) 674-6396 Ext. 28 LoraE.Gullett@ky.gov</p> | <p>Greenup County Health Department Contact: April Sanders (606) 473-9838 AprilD.Sanders@ky.gov</p> |
| <p>Kentucky River District Health Department Contact: Karen Pelfrey (606) 668-3185 KarenS.Pelfrey@ky.gov</p> | <p>Laurel County Health Department Contact: Carolee Epperson (606) 864-5187 caroleeb.epperson@ky.gov</p> |
| <p>Lawrence County Health Department Contact: Carolyn McGinn (606) 298-7752 CarolynJ.McGinn@ky.gov</p> | <p>Martin County Health Department Contact: Liz Jewell (606) 298-7752 Liz.Jewell@ky.gov</p> |
| <p>Pike County Health Department Contact: Jan Johnson (606) 437-5500 Ext. 590 JanE.Johnson@ky.gov</p> | <p>Powell County Health Department Contact: JoAnn Campbell (606) 663-6871 Joannah.campbell@ky.gov</p> |

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Local Health Departments/WIC

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| <p>Ashland-Boyd County Health Dept 2924 Holt Street Ashland, KY 41105-4069 (606) 329-9444 FAX: (606) 324-5423</p> <p>Jennifer Burchett, BSN, RN, CLC Breastfeeding Coordinator (606) 329-9444 Ext. 2235 JenniferM.Burchett@ky.gov</p> | <p>Bell County Health Department 310 Cherry Street Pineville, KY 40977 (606)337-7046 Fax: (606)337-8321</p> <p>Vacant Breastfeeding Coordinator</p> |
| <p>Breathitt County Health Department 955 Hwy 30 West P.O. Box 730 Jackson, KY 41339 (606) 666-7755 (WIC) FAX: (606) 666-4601</p> <p>Penny Mauk, RN, CLS Breastfeeding Coordinator (606) 666-7755 PennyG.Mauk@ky.gov</p> | <p>Cumberland Valley District Health Dept. (Clay, Jackson & Rockcastle) Manchester Square Shopping Ctr, Room 212 P. O. Box 158 Manchester, KY 40962 (606) 598-5564 FAX: (606) 598-6615</p> <p>Kim Coffey, RN, CLC (Rockcastle County) Breastfeeding Coordinator (606) 256-2242 Ext. 137 FAX: (606) 256-5482 KimberlyA.Coffey@ky.gov</p> |
| <p>Estill County Health Department 365 River Drive Irvine, KY 40336 (606) 723-5181 FAX: (606) 723-5254</p> <p>Paula Watson, RN Breastfeeding Coordinator (606) 723-5181 Ext. 226 Paula.Watson@ky.gov</p> | <p>Fleming County Health Department 194 Windsor Lane Flemingsburg, KY 41041 (606) 845-6511 FAX: (606) 845-0879</p> <p>Kim Myers MS, CN Breastfeeding Coordinator (606) 845-6511 KimberlyJ.Myers@ky.gov</p> |
| <p>Floyd County Health Department 144 Front Street Prestonsburg, KY 41653 (606) 886-2788 & 1-888-273-1928 FAX: (606) 886-7989</p> | <p>Gateway District Health Department (Bath, Menifee, Morgan and Rowan) P. O. Box 555 Owingsville, KY 40351 (606) 674-6396</p> |

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| <p>Cheryl Younce, RD Breastfeeding Coordinator, (Wheelwright Site) (606) 452-9300</p> | <p>FAX: (606) 674-3071 Lora McKenzie-Gullett, RD, LD Breastfeeding Coordinator 606-674-6396 ext. 28 Lorae.gullett@ky.gov</p> |
| <p>Greenup County Health Department P. O. Box 377 Greenup, KY 41144 (606) 473-9838 FAX: (606) 473-6405 April Sanders Breastfeeding Coordinator (606) 473-9838 AprilD.Sanders@ky.gov</p> | <p>Johnson County Health Department 630 James Trimble Boulevard Paintsville, KY 41240 (606) 789-2590 FAX: (606) 789-8237 Carol Stapleton RD, LD Breastfeeding Coordinator (606) 789-2590 ext 341 CarolM.Stapleton@ky.gov</p> |
| <p>Kentucky River District Health Dept. (Knott, Lee, Leslie, Letcher, Owsley, Perry & Wolfe) 441 Gorman Hollow Road Hazard, KY 41701-2316 (606) 439-2361 FAX: (606) 439-0870 Karen Pelfrey, RN, CLS Breastfeeding Coordinator (606) 668-3185 KarenS.Pelfrey@ky.gov</p> | <p>Knox County Health Department 261 Hospital Drive Barbourville, KY 40906 (606) 546-5919 FAX: (606)-546-2867 Suzann Satterfield Breastfeeding Coordinator 606-546-5919 Suzann.Satterfield@ky.gov</p> |
| <p>Lawrence County Health Department 1080 Meadowbrook Lane Louisa, KY 41230 (606) 638-4389 FAX: (606) 638-3008 Carolyn McGinn, RD, LD Breastfeeding Coordinator (606) 638-4389 CarolynJ.McGinn@ky.gov</p> | <p>Laurel County Health Department 525 Whitley Street London, KY 40741 (606) 864-5187 FAX: (606) 864-8295 Carolee Epperson, RN, CLS Breastfeeding Coordinator (606) 878-7754 CaroleeB.Epperson@ky.gov</p> |
| <p>Lewis County Health Department 905 Fairlane Drive Vanceburg, KY 41179 (606) 796-2632, 796-3295</p> | <p>Little Sandy District Health Department (Carter and Elliott) 300 W. Main Street</p> |

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| <p>FAX: (606) 796-9285 Katie Brannon Breastfeeding Coordinator 606-796-2632 Allysonk.brannon@ky.gov</p> | <p>P. O. Box 909 Grayson, KY 41143 (606) 474-6685 FAX: (606) 474-0256</p> <p>Kathy Buckner Breastfeeding Coordinator 606-474-6685 Ext. 18 Kathy.Buckner@ky.gov</p> |
| <p>Magoffin County 132 East Mountain Parkway Salysersville, KY 41465 (606) 349-6212</p> <p>Meghan Noble, RN, IBCLC Breastfeeding Coordinator (606) 349-6212 Ext. 118 MeghanJ.Noble@ky.gov</p> | <p>Martin County Health Department 136 Rockcastle Road Inez, KY 41224 (606) 298-7752 FAX: (606) 298-0413</p> <p>Liz Jewell Breastfeeding Coordinator (606) 298-7752 liz.jewell@ky.gov</p> |
| <p>Pike County Health Department 119 River Drive Pikeville, KY 41501 (606) 437-5500 FAX: (606) 433-9690</p> <p>Janet Johnson, RD, LD, IBCLC Breastfeeding Coordinator (606) 437-5500 Ext. 590 JanE.Johnson@ky.gov</p> | <p>Powell County Health Department 376 North Main Street Stanton, KY 40380-0006 (606) 663-4360 FAX: (606) 663-9790</p> <p>Joann Campbell Breastfeeding Coordinator (606) 663-6871 Ext. 3 JoanneH.Campbell@ky.gov</p> |
| <p>Whitley County Health Department 114 N. Second St. Williamsburg, KY 40769 (606) 549-3380 FAX: (606) 549-8940</p> <p>Teresa Bunch Breastfeeding Coordinator (606) 549-3380 teresa.bunch@ky.gov</p> | |



La Leche League and/or Mother Support Groups

| <u>Group</u> | <u>Meeting Information</u> | <u>Contact</u> |
|----------------|---|-----------------------------------|
| Let Down Divas | Last Thursday of the Month Laurel County Health Department | Anne or Jessica (606) 864-8295 |

Breast Pump Rentals for WIC Participants

***Contact State WIC Office for guidance on available Breast Pump Rental DMEs.**

Classes, Supplies, Sales

Childbirth Classes

| <u>Group</u> | <u>Meeting Information</u> | <u>Contact</u> |
|-----------------------------------|--|--|
| Pikeville Medical Center | Tuesday at 5:30 pm EST Registration is free | (606) 218-3938 |
| King's Daughter Medical Center | Ashland, KY | Cindy Derfield (606) 408-4000 |
| Magoffin County Health Department | Call for more information | Meghan Noble (606) 349-6212 |
| Manchester Memorial Hospital | Four times per month | (606) 598-5104 ext. 3252 Between 7 and 11 Tuesday-Friday |
| Saint Joseph London | London, KY | Paula Marcum (606) 330-6300 |

Breastfeeding Classes

| <u>Group</u> | <u>Meeting Information</u> | <u>Contact</u> |
|---------------------------------------|-----------------------------------|--------------------------|
| Ashland-Boyd County Health Department | Contact for dates and time | (606) 329-9444 ext. 2235 |
| Letcher County Health Center | Whitesburg, KY | (606) 633-2345 |
| Morgan County Health Department | Bi-monthly during prenatal clinic | (606) 743-3744 |
| Saint Joseph London | Expectant Parents only | |
| Perry County Health Center | Hazard, KY | (606) 436-2196 |
| Leslie County Health Center | Hyden, KY | (606) 672-2393 |
| Knott County Health Center | Hindman, KY | (606) 785-3144 |
| Wolf County Health Center | Campton, KY | (606) 668-2492 |
| Lee County Health Center | Beattyville, KY | (606) 464-2492 |
| Owsley County Health Center | Bonneville, KY | (606) 593-5181 |

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Coalitions

Eastern Kentucky Breastfeeding Coalition

Contact:

Janet Johnson, RD, LC, IBCLC
Pike County Health Department
119 River Drive
Pikeville, KY 41501
(606) 437-5500 Ext. 590
JanE.Johnson@ky.gov

Mother Nurture Portable Breastfeeding Rooms for Outdoor Use

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| <p>Ashland Boyd County Health Department 2924 Holt Street Ashland, KY 41105-4069 (606) 329-9444 ext. 2235 Contact: Jennifer Burchett JenniferM.Burchett@ky.gov</p> | <p>Cumberland Valley District Health Department Rockcastle County Center 120 Richmond Street P.O. Box 840 Mt. Vernon, KY 40456 (606)256-2242 ext. 437 Contact: Kimberly Coffey KimberlyA.Coffey@ky.gov</p> |
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Hospitals Offering Birth Kangaroo Care

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| <p>St. Claire Regional Medical Center 222 Medical Circle Drive Morehead, KY 40351 (606) 783-6500</p> | <p>Harlan ARH Hospital 81 Ball Park Road Harlan, KY 40831 (606) 573-8100</p> |
| <p>Middlesboro ARH Hospital 3600 West Cumberland Avenue Middlesboro, KY 4095 (606) 242-1100</p> | <p>Whitesburg ARH Hospital 240 Hospital Road Whitesburg, KY 41858 (606) 633-3500</p> |
| <p>Baptist Health Corbin 1 Trillium Way Corbin, KY 40701 (606) 528-1212</p> | <p>Williamson ARH Hospital 260 Hospital Drive South Williamson, KY 41503 (606) 237-1700</p> |
| <p>Three Rivers Medical Center 2483 Highway 644 Louisa, KY 41230 (606) 638-9451</p> | <p>Manchester Memorial Hospital 210 Marie Langdon Drive Manchester, KY 40962 (606) 598-5104</p> |
| <p>Pikeville Medical Center 911 Bypass Road Pikeville, KY 41501 (606) 218-3500</p> | <p>Hazard ARH Hospital 100 Medical Center Drive Hazard, KY 41701 (606) 439-6600</p> |
| <p>St. Joseph Mt. Sterling 225 Falcon Drive Mt. Sterling, KY (859) 497-5000</p> | <p>King's Daughters Medical Center 2201 Lexington Ave Ashland, KY 41101 (606) 408-4000</p> |
| <p>St. Joseph London 1001 Saint Joseph Lane London, KY 40701 (606) 330-6000</p> | <p>Paul B. Hall Regional Medical Center 625 James S. Trimble Blvd Paintsville, KY 41240</p> |

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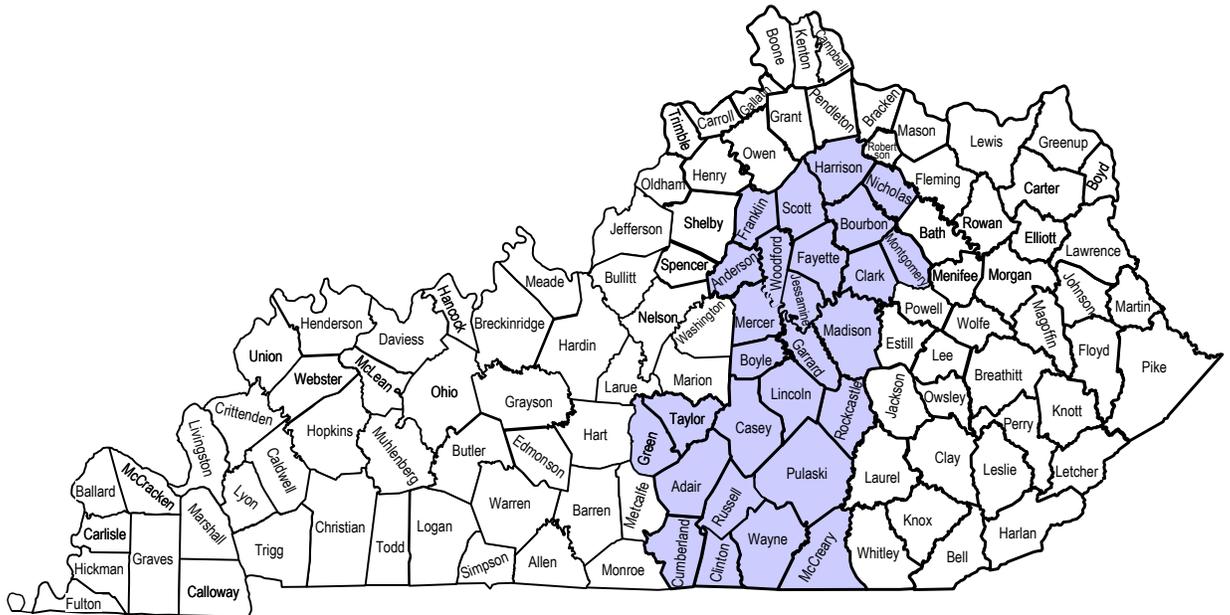
Central Kentucky Region

Counties include:

Adair
Anderson
Bourbon
Boyle
Casey
Clark
Clinton
Cumberland
Fayette

Franklin
Garrard
Green
Harrison
Jessamine
Lincoln
Madison
McCreary
Mercer

Montgomery
Nicholas
Pulaski
Rockcastle
Russell
Scott
Taylor
Wayne
Woodford



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International Board Certified Lactation Consultants (IBCLC)

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|---|--|
| <p>Stephanie Kilby, RN, BSN, IBCLC, RLC Charity Washington, IBCLC Ephraim McDowell Regional Medical Center 213 South Third Street Danville, KY 40422 (859) 239-2539 skilby@emrhc.org</p> | <p>Doraine Bailey, MA, IBCLC, RLC Lexington-Fayette County Health Department 805A Newtown Circle Lexington, KY 40511 (859) 288-2348 DoraineF.Bailey@ky.gov</p> |
| <p>Gaye Whalen, RN, MSN, IBCLC, RLC Elizabeth Stapleton, RN, IBCLC Janie Weatherford, RN, IBCLC, RLC University of Kentucky Children's Hospital 800 Rose Street, HA 370 Lexington, KY 40536 (859) 420-1738</p> | <p>Aberiel Walton, RNC, IBCLC Shannon Long, RNC, IBCLC, CLC, MSN. MH Ephraim McDowell Fort Logan Hospital 1950 Ky Hwy 1194 Stanford, KY 40484 (606) 365-4719</p> |
| <p>Valerie Smith, BSN, IBCLC Cindra Greene, RN, BSN, IBCLC Betty Bowman Grigsby, RN, CLC, IBCLC Diana Howard, RN, BSN, IBCLC Baptist Health Lexington 1740 Nicholasville Road Lexington, KY 40503 (859) 260-4156</p> | <p>Ann Stevens, MS, RD, LD, CDE, IBCLC Lake Cumberland District Health Department Casey County Health Center 199 Adams Street Liberty, KY 42539 (606) 787-6911 ext. 4258 Ann.stevens@lcdhd.org</p> |
| <p>Carol Ann Martin, RN, MSN, IBCLC, RLC Georgetown Community Hospital 1140 Lexington Road Georgetown, KY 40324 (502) 868-1290</p> | <p>Janie Weatherford, IBCLC Baby Moon (859) 420-1738 janiebethw@gmail.com</p> |
| <p>Ashley Hoseclaw, RN, IBCLC The Children's Clinic 350 Langdon Street Somerset, KY 42503 ashleymeece@hotmail.com</p> | <p>Lynne R. Humkey, RN, IBCLC, RLC Bluegrass Lactation Consulting (859) 227-6667 www.bluegrasslactation.com lhumkey@bluegrasslactation.com</p> |
| <p>Cheri Casciola A Mother's Love 1339 Johnson Road Lawrenceburg, KY 40342 (859) 421-5563 H2obirth2x@aol.com</p> | <p>Barbara Mays, RN, CLC, IBCLC April Cremer, IBCLC Lake Cumberland Regional Hospital Somerset, KY 42503</p> |

WIC Regional Breastfeeding Coordinators

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| <p>Doraine Bailey, MA, IBCLC, RLC Lexington-Fayette County Health Dept. 805 A Newtown Circle Lexington, KY 40511 (859) 288-2348 DoraineF.Bailey@ky.gov Covering: Fayette County, WedCo District, Bourbon, Clark, Franklin, Woodford, Anderson and Jefferson Counties</p> | <p>Kimberly Coffey, RN, CLC Cumberland Valley District Health Department Rockcastle County Center 120 Richmond Street P.O. Box 840 Mt. Vernon, KY 40456 (606) 256-2242 Ext. 137 KimberlyA.Coffey@ky.gov Covering: Cumberland Valley District, Laurel, Whitley, Knox, Madison and Estill Counties</p> |
| <p>Ann Stevens, MS, RD, LD, CDE, IBCLC Lake Cumberland District Health Department Casey County Health Center 199 Adams Street Liberty, KY 42539 (606) 787-6911 ext 4258 ann.stevens@lcdhd.org Covering: Lake Cumberland District, Lincoln, Garrard, Mercer and Boyle Counties</p> | |

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WIC Breastfeeding Peer Counselor Program

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| Boyle County Health Department (859) 236-2053 Contact: Julie Steber JulieM.Steber@ky.gov | Clark County Health Department (859) 744-4482 Contact: Cara O'Neil CaraJ.Oneil@ky.gov |
| WEDCO District Health Department (859) 234-8751 ext. 35 Contact: Andrea Witte Andrea.Witte@ky.gov | Lake Cumberland District Health Department (606) 787-6911 ext 4258 ann.stevens@lcdhd.org |



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Local Health Department/WIC

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| <p>Anderson County Health Department 208 South Main Lawrenceburg, KY 40342 (502) 839-4551 FAX: (502) 839-8099</p> <p>Renee Durr Breastfeeding Coordinator JacquelineR.Durr@ky.gov</p> | <p>Bourbon County Health Department 341 East Main Street Paris, KY 40361 (859) 987-1915 FAX: (859) 987-3230</p> <p>Cyndi Steele, BS Breastfeeding Coordinator CynthiaE.Steele@ky.gov</p> |
| <p>Boyle County Health Department 448 South Third Street P. O. Box 398 Danville, KY 40422-0398 (859) 236-2053 FAX: (859) 236-2863</p> <p>Julie Steber RD, LD, CLC Breastfeeding Coordinator (859) 236-2053 ext. 17 JulieM.Steber@ky.gov</p> | <p>Clark County Health Department 400 Professional Avenue Winchester, KY 40391 (859) 744-4482 FAX: (859) 737-2426</p> <p>Amy Williams, MS, RD, LD Breastfeeding Coordinator (859) 744-4482 Ext. 114 Amy.Williams@ky.gov</p> |
| <p>Lexington-Fayette County Health Department 805 A Newtown Circle Lexington, KY 40511 (859) 288-2348 FAX: (859) 252-0292</p> <p>Doraine Bailey, MA, IBCLC, RLC Breastfeeding Coordinator DoraineF.Bailey@ky.gov</p> | <p>Franklin County Health Department 100 Glens Creek Road Frankfort, KY 40601 (502) 564-7647 FAX: (502) 564-9640</p> <p>Sally Brunner, RN, BSN Breastfeeding Coordinator (502) 564-7647 SallyJ.Brunner@ky.gov</p> |
| <p>Garrard County Health Department 89 Farra Drive Lancaster, KY 40444 (859) 792-2153 FAX: (859) 792-4719</p> <p>Keri Noe Breastfeeding Coordinator keril.noe@ky.gov</p> | <p>Jessamine County Health Department 215 E. Maple Street Nicholasville, KY 40356 (859) 885-4149 FAX: (859) 885-1863</p> <p>Betty Bender, MS RD LD Breastfeeding Coordinator (859) 885-4149 ext. 1027 Elizabeth.bender@ky.gov</p> |

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| <p>Lincoln County Health Department 44 Health Way, P. O. Box 165 Stanford, KY 40484 (606) 365-3106 FAX: (606) 365-1640</p> <p>Angela Dowell Breastfeeding Coordinator (606) 365-3106 ext. 27 Angela.Dowell@ky.gov</p> | <p>Madison County Health Department 214 Boggs Lane, P.O. Box 1208 Richmond, KY 40476-1208 (859) 623-7312 FAX: (859) 626-4298</p> <p>Libby Hess, RN Breastfeeding Coordinator (859) 228-2049 LibbyL.Hess@ky.gov</p> |
| <p>Mercer County Health Center 900 North College Street Harrodsburg, KY 40330 (859) 734-4522 FAX: (859) 734-0568</p> <p>Kathy Crown-Weber, RD, CDE Breastfeeding Coordinator (859) 734-4522 ext. 134 Kathlyn.Crown-Weber@ky.gov</p> | <p>Montgomery County Health Department 117 Civic Center Mt. Sterling, KY 40353 (859) 498-3808 FAX: (859) 498-9082</p> <p>Regina Harrison, MS, RD, LD Breastfeeding Coordinator (859) 498-3808 ext. 2410 ReginaL.Harrison@ky.gov</p> |
| <p>Rockcastle County Health Department 120 Richmond Street P. O. Box 840 Mt. Vernon, KY 40456 (606) 256-2242</p> <p>Kim Coffey, RN, CLC Breastfeeding Coordinator (606) 256-2242 ext. 137 KimberlyA.Coffey@ky.gov</p> | <p>Woodford County Health Department 229 North Main Street Versailles, KY 40383 (859) 873-4541 FAX: (859) 873-7238</p> <p>Deborah LeFevers Breastfeeding Coordinator (859) 873-4541 DeborahK.Lefevers@ky.gov</p> |
| <p>Lake Cumberland District Health Dept. (Adair, Casey, Clinton, Cumberland, Green, McCreary, Pulaski, Russell, Taylor, Wayne) 500 Bourne Avenue Somerset, KY 42501</p> <p>Ann Stevens MS, RD, LD, CDE, IBCLC Breastfeeding Coordinator (606)787-6911 ext. 4258 Ann.Stevens@lcdhd.org</p> | <p>WEDCO District Health Department (Harrison, Nicholas and Scott) Harrison County Health Department 364 Oddville Avenue Cynthiana, KY 41031 (859) 234-2842 FAX: (859) 234-0393</p> <p>Andrea Witte, RN Breastfeeding Coordinator (859) 234-2842 Ext. 35 Andrea.Witt@ky.gov</p> |

La Leche League/Other Mother Support Groups

| <u>Group</u> | <u>Meeting Information</u> | <u>Contact</u> |
|---|---|---|
| La Leche League: Greater Lexington | Second Tuesday, 7:15pm Fourth Monday, 11:30 am Baby Moon-Richmond Rd. | Ruth (859) 559-8481 April (859) 608-7938 |
| La Leche League: Central KY | | Linda (270) 692-9360 L.Schmal@excite.com |
| Ephraim McDowell Medical Center | Third Thursday each month 6:00-7:00 pm Ephraim McDowell Medical Center | Stephanie (859) 239-2534 Skilby@emrhc.org |
| Boyle County Health Department | | Elizabeth (859) 583-1007 Elizabeth.Pope@ky.gov |
| Berea Mother's Forum | Weekly Meetings: Call for times and location | Betsy (859) 779-0223 |
| London Support Group | St. Joseph London Call for dates and times | Paula (606) 272-6520 ext. 3851 pmarcum@st-london.org |
| "Hens and Chicks" group for moms and babies to six months | Every Thursday at 2 pm Baby Moon-Richmond Rd. | Donna (859)806-5123 Henhouseproject.com |
| Berea Mama's and Papa's Group | | Donna (859) 200-5118 |
| Fort Logan Hospital | First Tuesday each month | (606) 365-4767 |
| Lake Cumberland District Health Department | Monthly Group in various counties in district | Ann (859) 787-6911 ext. 4298 Britany (859) 678-4761 |

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Contracted WIC Pump Rental DME for WIC Participants

***All WIC Hospital Grade Breast Pump Rentals for Franklin and Fayette Counties must be done with this contacted DME.**

VDK Turning Point at Grogan's Healthcare Supply

1016 South Broadway
Lexington, KY 40504
(859) 254-6661

****All other agencies please contact the State Office for guidance.**

Classes, Supplies and Sales

Childbirth Classes

| <u>Group</u> | <u>Meeting Information</u> | <u>Contact</u> |
|---|---|---|
| Baptist Health Lexington | 1740 Nicholasville Road Lexington, KY | www.centralbap.com |
| Ephraim McDowell Regional Medical Center | 217 3 rd Street Danville, KY 4 th Tuesday of every other month | (859) 239-2539 |
| Fort Logan Hospital | 110 Metker Trail Stanford, KY Bi-monthly | (606) 365-4767 |
| University of Kentucky Medical Center | Lexington, KY | (859) 257-5168 http://ukhealthcare.uky.edu |
| St. Joseph Hospital Mt. Sterling | | (859) 497-5000 |
| St. Joseph Hospital East | Lexington, KY | (859) 967-2229 www.sjlex.org |
| Lake Cumberland Regional Hospital | Somerset, KY Bi-monthly Breastfeeding classes | (606) 679-7441 |
| Harrison Memorial Hospital | Cynthiana, KY | (859) 235-3698 |
| Frankfort Regional Medical Center | Frankfort, KY | (859) 226-1655 or (859) 242-5662 www.frankfortregional.com |
| Georgetown Community Hospital | 1140 Lexington Road Georgetown, KY | (502)868-1100 |

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Breastfeeding Classes

| <u>Group</u> | <u>Meeting Information</u> | <u>Contact</u> |
|--|--|--|
| Georgetown Community Hospital | 1140 Lexington Road Georgetown, KY | (502) 868-1290 |
| Babies R Us | 1965 Star Shoot Parkway Lexington, KY | (859) 263-8598 |
| Lake Cumberland Regional Hospital | 305 Langdon Street Somerset, KY | Leisa Phillippi (606) 678-3145 |
| Bluegrass Lactation Consulting | | Lynne Humkey (859) 486-4252 |
| Conception Forward | 185 Pasadena Drive Lexington, KY | Katyherine Kaufman (617) 894-0646 |
| Boyle County Health Department | | Julie Steber (859) 236 2053 ext. 17 |
| Lexington Fayette County Health Department | | Doraine Bailey (859) 288-2348 |
| Montgomery County Health Department | | Regina Harrison (859) 498-3808 |
| Madison County Health Department | | Libby Hess (859) 626-4237 |

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Supplies

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|---|--|
| Motherhood Maternity Hamburg Pavilion, 2312 Sir Barton Way Fayette Mall Lexington, KY (859) 264-0975 or (859) 971-0055 www.motherhood.com | Professional Medical Supply 342 Bogle Street, Suite 1 Somerset, KY 42503 (606) 451-0216 FAX: (606) 451-1959 www.pmsupply.com pmsupply@windstream.net |
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Mother Nurture Portable Breastfeeding Rooms for Outdoor Use

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|---|
| Cumberland Valley District Health Department Rockcastle County Center 120 Richmond Street PO Box 840 Mt. Vernon, KY 40456 Contact: Kimberly Coffey (606) 256-1841 ext. 137 KimberlyA.Coffey@ky.gov |
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Additional Resources

| | |
|---|--|
| Hen House Project In-Home postpartum doula, breastfeeding and parent support (859) 806-5123 www.henhouseproject.com hen_house_project@yahoo.com | The Medicine Shoppe 900 Hustonville Road Danville, KY 40422 (859) 238-0002 |
| Pregnancy Resource Center 475 W.Main Street, Suite 106 Danville, KY 40422 (859) 236-2982 | |

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Hospitals Offering Birth Kangaroo Care

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|---|---|
| <p>Harrison Memorial Regional Medical Center 222 Medical Circle Drive Morehead, KY 40351 (606) 783-6500</p> | <p>Lake Cumberland Regional Medical Center 305 Langdon Street Somerset, KY 42503 (606) 678-9919</p> |
| <p>University of Kentucky Hospital 1000 S. Limestone Lexington, KY 40536 (859) 257-1000</p> | <p>Ephraim McDowell Fort Logan Hospital 110 Metker Trail Stanford, KY 40484 (606) 365-4600</p> |
| <p>Ephraim McDowell Regional Medical Center 217 South 3rd Street Danville, KY 40422 (859) 239-1000</p> | <p>Baptist Health Lexington 1740 Nicholasville Road Lexington, KY 40503 (859) 260-6100</p> |
| <p>Frankfort Regional Medical Center 299 King's Daughters Drive Frankfort, KY 40601 (502) 875-5240</p> | <p>Clark Regional Medical Center 1107 West Lexington Avenue Winchester, KY 40391 (859) 745-3500</p> |
| <p>St. Joseph East Women's Hospital 170 North Eagle Creek Drive Lexington, KY 40509 (859) 967-5000</p> | <p>Georgetown Community Hospital 1140 Lexington Road Georgetown, KY 40324 (502)868-1100</p> |
| <p>Taylor Regional Hospital 1698 Old Lebanon Road Campbellsville, KY 42718 (270) 465-0632</p> | |

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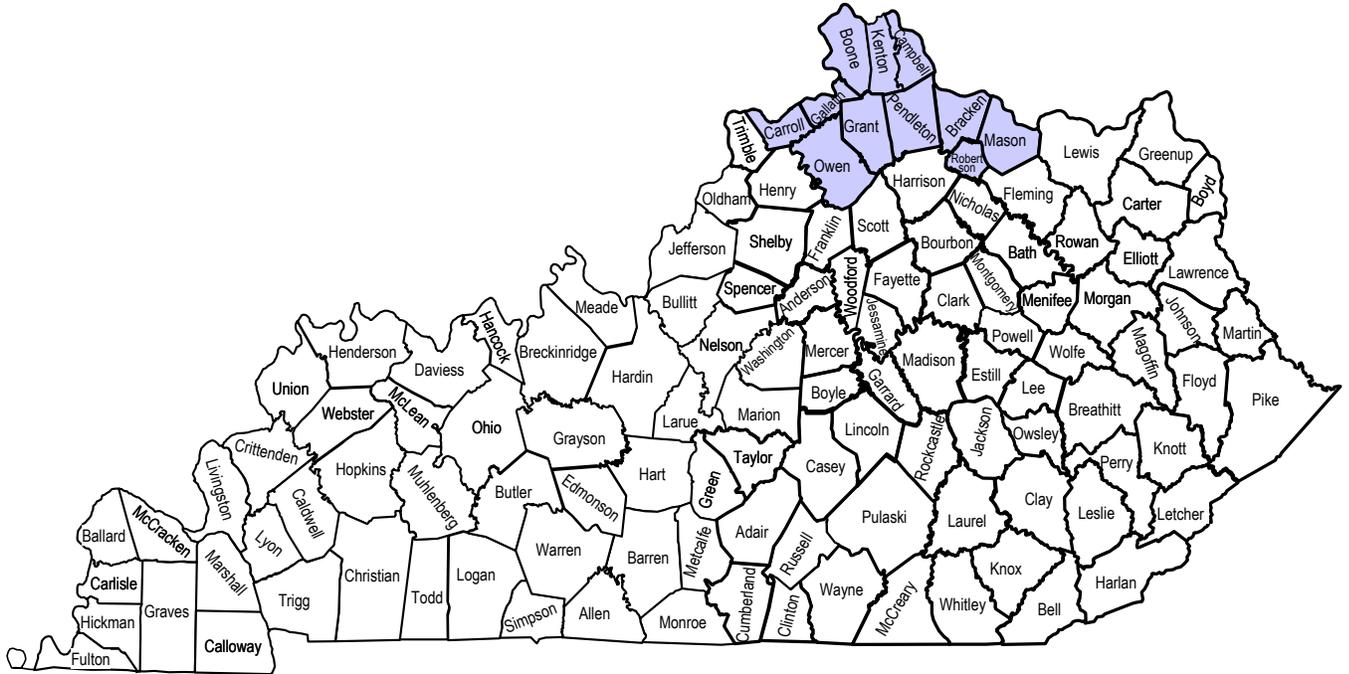
Northern Kentucky Region

Counties include:

**Boone
Bracken
Carroll
Campbell**

**Gallatin
Grant
Kenton
Mason**

**Owen
Pendleton
Robertson**



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International Board Certified Lactation Consultants

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| <p>Sabrina Cain, IBCLC Bethany Hanser, ICCE, IBCLC, RLC Motherhood Express-Breastfeeding Center 7000 Houston Rd-Building 200 Suite 19 Florence, KY 41042 859-746-2460 motherexp@aol.com</p> | <p>Sandra Brown, RN, BSN, IBCLC St Elizabeth Healthcare (859) 301-2631</p> |
| <p>Debbie Simpson, RN, IBCLC, RLC Northern Kentucky Health Department Grant County Health Center 234 Barnes Road Williamstown, KY 41097 895-824-5074 ext. 2706 debbie.simpson@nkyhealth.org</p> | <p>Keri Robison, RN, IBCLC Center for Breastfeeding Medicine Cincinnati Children's Hospital Medical Center 3333 Burnet Ave Cincinnati OH 45229 513-636-2326 www.cincinnatichildrens.org/breastfeeding</p> |
| <p>Helen Curless, RN, IBCLC University Hospital 234 Goodman Ave Cincinnati OH 45219 513-584-5257 www.universityhospitalcincinnati.com</p> | <p>Pediatrics of Florence 7409 US 42 Florence, KY 40142 859-525-8289 www.pediatricsofflorence.com</p> |
| <p>Amanda Schulkers, MPH, RD, LD, IBCLC Northern Kentucky District Health Department 2002 Madison Avenue Covington, KY 41014 (859) 363-2113 amanda.schulkers@nkyhealth.org</p> | <p>Tracy Browe, RD, LD, IBCLC Northern Kentucky District Health Department Campbell County Health Center 1098 Monmouth Street Newport, KY 41071 859-431-1704 ext. 2509 Tracy.broew@nkyhealth.org</p> |

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WIC Regional Breastfeeding Coordinator

Amanda Schulkers, MPH, RD, LD, IBCLC
Northern Kentucky District Health Department
2002 Madison Avenue
Covington, KY 41014
(859) 363-2113
Amanda.Schulkers@nkyhealth.org

Covering: Northern Kentucky District Health Department, Pendleton, Owen, Gallatin, Bracken and Carroll Counties

WIC Breastfeeding Peer Counselor Programs

Northern Kentucky Independent Health Department
Contact: Amanda Schulkers, MPH, RD, LD, IBCLC
(859) 363-2113
Amanda.Schulkers@nkyhealth.org

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Local Health Departments/WIC

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|---|---|
| <p>Bracken County Health Dept. 429 Frankfort Street P.O. Box 117 Brooksville, KY 41004-0117 (606) 735-2157 FAX: (606) 735-2159</p> <p>Jennifer Markley Breastfeeding Coordinator (606) 735-2157 JenniferR.Markley@ky.gov</p> | <p>Buffalo Trace District Health Dept. (Mason and Robertson) 130 East Second Street Maysville, KY 41056 (606) 564-9447 FAX: (606) 564-4483</p> <p>Bridget Lykins, RD, LD Breastfeeding Coordinator (606) 564-9447 ext 112 Bridgets.lykins@ky.gov</p> |
| <p>Northern Kentucky Independent District Health Dept. (Boone, Campbell, Grant and Kenton) 610 Medical Village Drive Edgewood, KY 41017 (859) 363-2113 FAX: (859) 655-6370</p> <p>Amanda Schulkers, MPH, RD, LD, IBCLC Breastfeeding Coordinator (859) 363-2113 amanda.schulkers@nkyhealth.org</p> | <p>Three Rivers District Health Dept. (Carroll, Gallatin, Owen and Pendleton) 510 South Main Street Owenton, KY 40359 (502) 484-5736 FAX: (502) 484-5739</p> <p>Lindsay Smith, RN, BSN Breastfeeding Coordinator (502) 484-5736 LindsayB.Smith@ky.gov www.trdhd.com</p> |



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La Leche League and Mother Support Groups

| <u>Group</u> | <u>Meeting Information</u> | <u>Contact</u> |
|-------------------------|--|---|
| Northern Kentucky Group | St. Elizabeth Hospital Room 249 Doctor's Building Second Thursday at 6:30 pm Third Tuesday at 6:30 pm | Dee (513) 724-3313 Gina (859) 750-3430 |
| Grant County Group | Contact for more information | Rhonda (859) 824-5179 |

Contracted WIC Pump Rental DME

***All WIC Hospital Grade Breast Pump Rentals for Boone, Bracken, Campbell, Carroll, Gallatin, Grant, Kenton, Mason, Owen and Pendleton Counties must be done with this contacted DME.**

Motherhood Express

7027 Houston Road
Building 200, Suite 19
Florence, KY 41092
(859) 746-2460

*Motherhood Express is also a Milk Depot for Indiana Mother's Milk Bank.

****All other agencies please contact the State Office for guidance.**

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Classes, Supplies and Sales

Breastfeeding Classes

| <u>Group</u> | <u>Meeting Information</u> | <u>Contact</u> |
|------------------------------------|---|---|
| Mason County Health Department | Third Wednesday at 1:30 pm | Allison Adams or Bridget Lykins (606) 564-9447 |
| Robertson County Health Department | Second Tuesday at 1:30 pm | Allison Adams or Bridget Lykins (606) 564-9447 |
| Boone County Health Center | First Wednesday at 10:00 am | Ann Miller (859) 363-2060 ext. 2309 |
| Campbell County Health Center | Second and Fourth Thursday at 2pm | Tracey Browe (859) 431-1704 ext. 2509 |
| Grant County Health Center | Every other Thursday at 4 pm | Emily Ross-Teague (859) 824-5074 |
| Kenton County Health Center | First and Third Thursday of each month at 2:30 pm | Amanda Harden (859) 431-3345 ext. 2608 |
| St. Elizabeth Medical Center | One to three times per month | (859) 300-2631 |

Supplies

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| <p>St. Elizabeth Medical Center The Boutique at Women's Wellness One Medical Center Village Drive Edgewood, KY 41017 www.stelizabeth.com</p> |
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Baby Friendly Hospitals

St. Elizabeth Medical Center
One Medical Center Village Drive
Edgewood, KY 41017
www.stelizabeth.com

Hospitals Offering Birth Kangaroo Care

Meadowview Regional Medical Center
989 Medical Park Drive
Maysville, KY 41056
(606) 759-5311

St. Elizabeth Healthcare
1 Medical Village Drive
Edgewood, KY 41017
(859) 301-BABY



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International Board Certified Lactation Consultants

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|--|---|
| <p>Karen Aubery, RN, IBCLC, RLC Melissa LaMaster, RN, IBCLC, RLC Charissa Shea, RN, IBCLC, RLC Baptist Health Louisville 400 Kresge Way Louisville, KY 40207 (502) 897-8100</p> | <p>Andrea Denbow, BSNm ICCE, IBCLC, RLC DonnayInn Dennon, IBCLC, RLC Clark Memorial Hospital Breastfeeding Center 1220 Missouri Avenue Jeffersonville, IN 47130 (812) 283-2901</p> |
| <p>Angie Roberts, IBCLC, RLC Babiology 1009-B DuPont Square North Louisville, KY 40207 (502) 721-7727</p> | <p>Jennifer Stanton, RN, BSN, IBCLC Norton Healthcare (502) 629-2700</p> |
| <p>Celia Jones, BSN, RN, IBCLC Mary Jean Manderville, BSN, RNC, IBCLC, RLC Floyd Memorial Hospital 1850 State Street New Albany, IN 47150 (812) 949-5654</p> | <p>Barbara Koenig, RN, IBCLC, RLC Partners In Women's Health 3940 Dupont Circle Louisville, KY 40207 (502) 403-9379</p> |
| <p>Glenda Adams RNC, MSN, IBCLC University of Louisville College of Nursing 9210 Wellington Hill Court Louisville, KY 4291 (502) 475-3376</p> | <p>Kelly Wilbur, MSN, ARNP, IBCLC Nassim, McMarigle, Medsica Peds 2305 Green Valley Road New Albany, In 47150 (812) 949-0405</p> |
| <p>M. Elizabeth Dedman, MD, FAAP, IBCLC Growing Health Children 9905 Shelbyville Road Louisville, KY 40223 (502) 425-5166</p> | <p>Mary Oliver Humke, M.Ed, IBCLC Blossom Breastfeeding Support 155 N. Galt Ave Louisville, KY 40206 (502) 541-5158 www.blossombreastfeeding.com</p> |

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WIC Regional Breastfeeding Coordinators

Vacant

Louisville Metro Health Department

400 East Gray Street

Louisville, KY 40202

(502) 574-6676

Covering: Jefferson (Louisville), Henry, Trimble, Shelby, Oldham, Spencer, Bullitt, Meade, Hardin and Grayson Counties

WIC Breastfeeding Peer Counselor Program

Vacant

Louisville Metro Health Department

400 East Gray Street

Louisville, KY 40202

(502) 574-6676



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Local Health Departments/WIC

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| <p>Bullitt County Health Department 181 Lees Valley Road P. O. Box 278 Shepherdsville, KY 40165 502-543-2415, 502-955-7837 FAX 502-542-2998</p> <p>Anne Richardson Breastfeeding Coordinator 502-543-2415 ext. 121 AnneM.Richardson@ky.gov</p> | <p>Children and Youth Project University of Louisville Dept. of Pediatrics School of Medicine Health Sciences Center 555 S. Floyd Street Louisville, KY 40202 502-852-5316 FAX 502-852-6643</p> <p>Shalaka Gupte Breastfeeding Coordinator 502-852-8545 Sdgupt01@louisville.edu</p> |
| <p>Louisville Metro Health Department 400 East Gray Street P. O. Box 1704 Louisville, KY 40202 502-574-6676</p> <p>Vacant Breastfeeding Coordinator 502-574-5279</p> | <p>North Central District Health Dept. (Henry, Shelby, Spencer and Trimble) 25 Village Plaza Shelbyville, KY 40065 502-633-1243 FAX 502-633-7658</p> <p>Adriana Cash, RN Breastfeeding Coordinator (502) 633-1231 Adriana.cash@ky.gov</p> |
| <p>Park DuValle Community Center 3015 Winston Avenue Louisville, KY 40211 502-774-4401 FAX 502-775-6195</p> <p>Vernessa Autrey Breastfeeding Coordinator 502-774-4401 ext. 1212 vautry@pdchc.org</p> | <p>Oldham County Health Department 1786 Commerce Parkway LaGrange, KY 40031 502-222-3516 FAX 502-222-0816</p> <p>Lisa Arvin RD LD Breastfeeding Coordinator 502-222-3516 ext. 28 lisaa.arvin@ky.gov</p> |

La Leche League and Mother Support Groups

| <u>Group</u> | <u>Meeting Information</u> | <u>Contact</u> |
|--------------------------|---|---|
| Elizabethtown | Phone Help Only | Bridget (270) 877-5811 |
| Highlands | First Tuesday of month at 7 pm Third Thursday of month at 10:30 am | Wendey (812) 923-6959 Suzanne (502) 314-8423 Judy (502) 314-8423 Julie (502) 290-5097 Maria (502) 897-6429 |
| Louisville East | Third Wednesday of month at 10 am | Ginny (502) 458-0309 Dawn (502) 379-4112 |
| Southern Indiana | Third Monday of the month at 6:45 pm | Mary Ann (812) 288-9006 Annette (812) 246-4125 Sonya (812) 218-8230 |
| Southern Louisville | First Thursday of month at 7 pm | Rosanne (502) 363-9945 Jacqui (502) 364-0307 |
| Oldham County | Phone Help Only | Ardie (502) 363-9945 Pam (502) 364-8230 |
| Louisville Toddler Group | Phone Help Only | Ardie (502) 222-2886 Ginny (502) 458-0309 |
| Highlands Toddler Group | Second Tuesday of Month at 7 pm | Jacqui (502) 364-0307 |

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Breast Pump Rentals for WIC Participants

*Contact State WIC Office for guidance on available Breast Pump Rental DMEs.

Classes, Supplies and Sales

Childbirth Classes

| <u>Group</u> | <u>Meeting Information</u> | <u>Contact</u> |
|--|--|--|
| Baptist Health Louisville | Call for Dates, Times and Fees | (502) 931-1040 |
| Norton Suburban Hospital | Several Times per month | (502) 629-1234 www.nortonhealthcare.com |
| Women's Pavilion North | Second Monday of month | (502) 629-1234 www.nortonhealthcare.com |
| University Hospital | Call for Dates, Times and Fees | (502) 562-6081 |
| Floyd Memorial Hospital | Call for Dates, Times and Fees | (812) 949-5624 |
| Clark County Memorial Hospital (Indiana) | Monthly Classes Call for Dates, Times, and Fees | (812) 283-2901 |

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Breastfeeding Classes

| <u>Group</u> | <u>Meeting Information</u> | <u>Contact</u> |
|--|--|--|
| Louisville Metro Health Department | Monthly Classes Call for Dates and Times | (502) 574-5279 |
| Babyology | Call for Dates, Times, and Registration | (502) 836-0838 |
| Baptist Health Louisville | Call for Dates, Times and Fee | (502) 931-1040 |
| Blossom Breastfeeding Support | Call for Dates, Times and Registration | (502) 541-5158 www.blossombreastfeeding.com |
| Norton Suburban Hospital | Several Times per Month Call for more information | (502) 629-1234 www.nortonhealthcare.com |
| Women's Pavilion, Norton | Second Monday of Month | (502) 329-1234 www.nortonhealthcare.com |
| University Hospital | Call for Dates, Times and Registration | (502) 562-6081 |
| Floyd Memorial Hospital | Call for Dates, Times and Fees | (812) 949-5624 |
| Clark County Memorial Hospital (Indiana) | Monthly Classes Call for Dates, Times, and Fees | (812) 283-2901 |

Sales

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| <p>Babyology 1009B Dupont Square N. Louisville, KY (502) 721-7727</p> |
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Coalitions

Kentuckiana Lactation Improvement Coalition

Contact:

Doraine Bailey, MA, IBCLC, RLC
Lexington Fayette County Health Department
805A Newtown Circle
Lexington, KY 40508
(859) 288-2348
DoraineF.Bailey@ky.gov

Miscellaneous/Other

The Louisville Metro Health Department initiated the Rock N' Relax project in 1991. It has been a continued undertaking each year at the Kentucky State Fair. This project was undertaken to heighten awareness of the health benefit of breastfeeding while providing mothers with a private place to feed, change and rock their babies.

The project is co-sponsored by *Baptist Hospital East*, who provides the financial support of approximately \$3000.00 per year. Rockers are available for moms in this area each year. The staffing is provided by personnel from local health departments, state health department and Baptist East with approximately 50 volunteers putting in approximately 335 hours.



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Hospital Offering Kangaroo Care

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|---|---|
| University Hospital 530 South Jackson Street Louisville, KY 40202 (502) 562-3000 | Baptist Health Louisville 4000 Kresge Way Louisville, KY 40207 (502) 897-8100 |
| Baptist Health La Grange 1025 New Moody Lane La Grange, KY 40031 (502) 222-5388 | Norton Suburban Hospital 4001 Dutchman's Lane Louisville, KY 40207 (502) 893-1000 |
| Norton Hospital Downtown 200 E. Chestnut Street Louisville, KY 40202 (502) 629-8000 | Ireland Army Community Hospital 289 Ireland Avenue Fort Knox, KY 40121 (502) 624-9333 |



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International Board Certified Lactation Consultants

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| <p>Dana Carpenter, RN, IBCLC, RLC T. J. Samson Community Hospital 1301 N Race Street Glasgow, KY 42141 270-651-4295</p> | <p>Debbie Cornwell RN, IBCLC, RLC Western Baptist Hospital 2501 Kentucky Ave Paducah, Ky 42003 270-575-2254 Debra.cornwell2@BHSI.com</p> |
| <p>Susan H. Brown, RN, ICCE, IBCLC, RLC Barren River District Health Dept 1109 State Street Bowling Green, KY 42102 270-781-8039 ext. 181 susan.brown@barrenriver.health.org</p> | <p>Kathy Hancock, RN, IBCLC Methodist Hospital 1305 North Elm Street Henderson, KY 42420 270-831-7953 klbradley@methodisthospital.net</p> |
| <p>Mary Jane Johnson PO Box 146 Cromwell, KY 42333 270-274-2286 mjanemj@bellsouth.net</p> | <p>Leah Beth Moore, RN, IBCLC, RLC Elaine Berry, RNC, IBCLC, RLC, CCE Loretta Starnes, RN, IBCLC, RLC Ellen Marlowe RNC, IBCLC, RLC Marylee Knight, RN, IBCLC, RLC Owensboro Medical Health System 811 East Parrish Avenue Owensboro, KY 42303 270-688-3062 lactationservices@omhs.com</p> |
| <p>Dana O'Meallie Bennett, RD, LD, IBCLC Allen County Health Department 107 N. Court Street Scottsville, KY 42164 (270) 237-4423 Dana.Bennett@ky.gov</p> | |



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WIC Regional Breastfeeding Coordinators

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| <p>Donna Whistle, RN, CLS Green River District Health Department 1501 Breckenridge PO Box 309 Owensboro, KY 42303-0309 (270) 852-5454 Donna.Whistle@grdhd.org Covering: Green River District, Muhlenberg, Christian, Hopkins and Breckinridge Counties</p> | <p>Dana O’Meallie Bennett, RD, LD, IBCLC Allen County Health Department 107 N.Court Street PO Box 129 Scottsville, KY 42164 (270) 237-4423 Dana.Bennett@ky.gov Covering: Barren River District, Allen, Monroe and Todd Counties</p> |
| <p>Johnna Black, RN, CLC Calloway County Health Department 602 Memory Lane Murray, KY 42701 (270) 753-3381 ext. 344 JohnnaF.Black@ky.gov Covering: Purchase District, Pennyrile District, Calloway, Graves and Marshall Counties</p> | |

WIC Breastfeeding Peer Counselor Programs

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|---|---|
| <p>Allen County Health Department Contact: Dana O’Meallie Bennett (270) 237-4423 ext. 103 Dana.Bennett@ky.gov</p> | <p>Barren River District Health Department Contact: Kelli Johnson (270) 781-8039 ext. 158 Kelli.Johnson@barrenriverhealth.org</p> |
| <p>Calloway County Health Department Contact: Johnna Black (270) 753-3381 ext. 344 JohnnaF.Black@ky.gov</p> | <p>Green River District Health Department Contact: Merritt Bates-Thomas (270) 852-5561 Merritt.Thomas@grdhd.org</p> |
| <p>Hopkins County Health Department Contact: Rene Cartwright (270) 821-5242 DebbieR.Cartwright@ky.gov</p> | |

Local Health Departments/WIC

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| <p>Allen County Health Department 107 N. Court Street Scottsville, KY 42164 270-237-4423 Fax 270-237-4777</p> <p>Dana O’Meallie Bennett, RD, LD, IBCLC Breastfeeding Coordinator 270-237-4423 Dana.Bennett@ky.gov</p> | <p>Graves County 416 Central Avenue Mayfield, Ky 42066 270-247-3353</p> <p>Leah Hayden RN, CLC Breastfeeding Coordinator 270-247-3553 Ext: 217 LeahL.Hayden@ky.gov</p> |
| <p>Barren River District Health Department (Barren, Butler, Edmonson, Hart, Logan, Metcalfe, Simpson, Warren) 1109 State Street Bowling Green, KY 42102-1157 270-781-8039 x161 FAX 270-796-8946</p> <p>Kelli Johnson, MS, RD Breastfeeding Coordinator 270-781-8039 x158 kellil.johnson@barrenriverhealth.org</p> | <p>Green River District Health Department (Daviss, Hancock, Henderson, McLean, Ohio, Union, Webster) 1501 Breckinridge Street Owensboro, KY 42302 270-686-7747 FAX 270-926-9862</p> <p>Merritt Bates Thomas, RDN, LD, CLC Nutrition Services Supervisor 270-852-5561 Merritt.Thomas@grdhd.org</p> |
| <p>Breckinridge County Health Dept 105 W. Second Street Hardinsburg, KY 40143 270-756-5121 Fax 270-756-9090</p> <p>Jeannie King Breastfeeding Coordinator 270-756-5121 hildaj.king@ky.gov</p> | <p>Hopkins County Health Department 412 North Kentucky Avenue Madisonville, KY 42431 270-821-5242 Fax 270-825-0138</p> <p>Kathy Carlisle Breastfeeding Coordinator 270-821-5242 x262 KatherineE.Carlisle@ky.gov</p> |
| <p>Calloway County Health Department 602 Memory Lane Murray, KY 42071 (270) 753-3381</p> <p>Johnna Black, RN, CLC Breastfeeding Coordinator (270)753-3381 ext. 344 Johnnaf.black@ky.gov</p> | <p>Lincoln Trail District Health Department (Grayson, Hardin, Larue, Marion, Meade, Nelson, Washington) 1222 Woodland Avenue Elizabethtown, KY 42702 270-769-1601</p> <p>Breastfeeding Coordinator 270-769-1601 x100</p> |

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| <p>Christian County Health Department 1700 Canton Street P.O. Box 647 Hopkinsville, KY 42240-0647 270-887-4160 Fax 270-887-4165</p> <p>Jennifer Boone Breastfeeding Coordinator 270-956-3247 jennifer.boone@ky.gov</p> | <p>Pennyrile District Health Department (Caldwell, Crittenden, Livingston, Lyon, Trigg) Caldwell County Health Department 600 North Jefferson Street Princeton, KY 42445</p> <p>Dana Southard, RN Breastfeeding Coordinator DanaJ.Southard@ky.gov</p> |
| <p>Marshall County Health Department 307 East 12th Street P.O. Box 607 Benton, KY 42025 270-527-1496 Fax 270-527-5321</p> <p>Jennifer Brown Breastfeeding Coordinator 270-527-1496 jenniferc.brown@ky.gov</p> | <p>Todd County Health Department 205 McReynolds Drive P. O. Box 305 Elkton, KY 42220 270-265-2362 FAX 270-265-0602</p> <p>Sherry Moody Breastfeeding Coordinator 270-265-2362 SherryB.Moody@ky.gov</p> |
| <p>Monroe County Health Department 452 E. 4th Street P.O. Box 247 Tompkinsville, KY 42167 270-487-6782 Fax 270-487-5457</p> <p>Dyshel Thompson Breastfeeding Coordinator 270-487-6782 DyshelD.Thompson@ky.gov</p> | <p>Purchase District Health Department (Ballard, Carlisle, Fulton, Hickman and McCracken) 916 Kentucky Avenue P.O. Box 2357 Paducah, KY 42002-2357 270-444-9625 FAX 270-575-5458</p> <p>Kelly Alsip Breastfeeding Coordinator 270-444-9631 ext. 158 kellyl.alsip@ky.gov</p> |

La Leche League and Mother Support Groups

| <u>Group</u> | <u>Meeting Information</u> | <u>Contact</u> |
|-------------------------------------|---|--|
| Bowling Green, KY | Second Tuesday at 6:30 pm | Bonnie (270) 843-5566 |
| Clarksville, TN | Third Wednesday at 10 am Montgomery Co Public Library | Sara (931) 439-2723 Gini (931) 906-8946 |
| Fort Campbell (Christian County) | First Wednesday at 7 pm Blanchfield Army Community Hospital | Sara (931) 439-2723 Gini (931) 906-8946 |
| Owensboro, KY | Call for More Information | Michelle (270) 929-7164 |
| Martin, TN | Third Tuesdays at 7 pm | Sandy (731) 587-9134 |



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Contracted WIC Pump Rental DME for WIC Participants

***All WIC Hospital Grade Breast Pump Rentals for Ballard, Caldwell, Calloway, Carlisle, Christian, Crittenden, Daviess, Fulton, Graves, Hancock, Henderson, Hickman, Hopkins, Livingston, Lyon, McCracken, McLean, Muhlenberg, Ohio, Todd, Trigg, Union, Webster Counties must be done through this contracted DME.**

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| <p>EasyCare, INC. 108 E. Washington Princeton, KY 42211 (270) 365-3903</p> |
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****All other agencies please contact the State Office for guidance.**

Classes, Supplies and Sales

Breastfeeding Classes

| <u>Group</u> | <u>Meeting Information</u> | <u>Contact</u> |
|---|--|---|
| Barren River District Health Department | Classes in: Hart, Metcalfe and Warren Counties | Susan Brown (270) 781-8039 ext. 181 |
| Bowling Green Medical Center | Check for Dates and Times | www.mcbg.org |
| TJ Samson Regional Hospital | | (270) 659-BABY (270) 651-4295 |
| Methodist Hospital | | (270) 869-6145 |
| Owensboro Health | Outpatient Clinic | Kathy Hancock (270) 827-7114 (270) 869-6145 |
| Jennie Stuart Medical Center | First Thursday at 6 pm | Jenny Rush (270) 887-8707 |
| Calloway County Health Department | | Johnna Black (270) 753-3381 ext. 344 |
| Baptist Hospital Paducah | Paducah, KY | Debbie Cornwell (270) 575-2254 |
| Lourdes Hospital | Paducah, KY | April Dollins and Tammy Cowell (270) 444-2640 |
| Jackson Purchase Medical Center | Mayfield, KY | (270) 251-3461 |
| Murray-Calloway County Hospital | All services free for patients delivering a MCCH | Elizabeth Khadem (270) 762-1425 |
| Baptist Health Madisonville | Monthly Classes | (270) 326-3900 |

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Coalitions

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| <p>Western Kentucky Breastfeeding Coalition</p> <p>Contact: Johnna Black, RN, CLC Calloway County Health Department 602 Memory Lane Murray, Ky 42071 (270) 753-3381 Ext: 344 JohnnaF.Black@ky.gov</p> <p>Dana O’Meallie Bennett, RD, LD, IBCLC Allen County Health Department 107 N. Court Street P. O. Box 129 Scottsville, KY 42164 (270) 237-4423 Dana.Bennett@ky.gov</p> <p>Donna Whistle, RN, CLS Green River District Health Department 1501 Breckinridge P. O. Box 309 Owensboro, KY 42303-0309 (270) 852-5454 Donna.Whistle@grdhd.org</p> | <p>BabyNet</p> <p>Contact: Dana O’Meallie Bennett, RD, LD, IBCLC Allen County Health Department 107 N. Court Street P. O. Box 129 Scottsville, KY 42164 (270) 237-4423 Dana.Bennett@ky.gov www.babynetky.com</p> |
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Hospitals Offering Birth Kangaroo Care

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|--|--|
| <p>TJ Samson 1301 North Race Street Glasgow, KY 42141 (270) 651-4444</p> | <p>Lourdes 1530 Lone Oak Road Paducah, KY 42003 (270) 444-2444</p> |
| <p>Flaget Memorial Hospital 4305 New Shepherdsville Road Bardstown, KY 40004 (502) 350-5000</p> | <p>Springview Hospital 320 Loretto Road Lebanon, KY 40033 (270) 692-3161</p> |
| <p>Hardin Memorial Hospital 913 N. Dixie Ave Elizabethtown, KY 42701 (270) 737-1212</p> | <p>Twin Lakes Regional Medical Center 910 Wallace Avenue Letichfield, KY 42754 (270) 259-9400</p> |
| <p>Methodist Hospital 1305 North Elm Street Henderson, KY 42420 (270) 827-7700</p> | <p>Baptist Health Madisonville 900 Hospital Drive Madisonville, KY 42431 (270) 825-5100</p> |
| <p>Ireland Army Community Hospital 289 Ireland Avenue Fort Knox, KY 40121</p> | <p>Owensboro Health Regional Hospital 1201 Pleasant Valley Road Owensboro, KY 42303 (270) 417-2000</p> |
| <p>Jennie Stuart Medical Center 320 W. 18th Street PO Box 2400 Hopkinsville, KY 42240 (270) 887-0100</p> | <p>Taylor Regional Hospital 1700 Old Lebanon Road Campbellsville, KY 42718 (270) 465-3561</p> |
| <p>Medical Center at Bowling Green 250 Park Street Bowling Green, KY 42101 (270) 745-1000</p> | <p>Jackson Purchase Medical Center 1099 Medical Center Drive Mayfield, KY 42066 (270) 251-4100</p> |
| <p>Baptist Health Paducah 2501 Kentucky Ave Paducah, KY 42003 (270) 575-2100</p> | |

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International and National Educational and Organizational Resources

| Breastfeeding Education Resources for Parents | Internet Address | Comment |
|---|---|--|
| AAP Parent information on breastfeeding | www2.app.org/breastfeeding | FAQ, on-line and print resources available for counseling parents |
| Breastfeeding Online (Cindy Curtis) | www.breastfeedingonline.com | Patient education materials, advocacy, health professional resources |
| Hollister / Ameda | www.ameda.com | Breast pump manufacturer; patient education handouts |
| ibreastfeeding | www.ibreastfeeding.com | Breastfeeding and parenting books (Parmasoft Publishing), calendars, coloring pages for children |
| Injoy | www.injoyvideos.com | Patient education videos |
| Lact-Aid International | www.lact-aid.com | Breastfeeding tool for supplementing at breast. On-line catalog |
| La Leche League International 1-800-La Leche | www.la lecheleague.org | On-line information pages, find Leaders and Groups, on-line catalog |
| Medela, Inc. | www.medela.com | Breast pump manufacturer; patient education handouts |
| Medline Plus (National Library of Medicine) | www.nlm.nih.gov/medlineplus/breastfeeding.html | Parent-oriented web-pages and handouts on breastfeeding |
| National Breastfeeding Awareness Campaign (DHHS Office of Women's Health) | www.womenshealth.gov/breastfeeding | Frequently Asked Questions, posters, Public Service Announcements, etc. for media campaign |
| Noodle Soup 1-800-795-9295 | www.noodlesoup.com | Patient education videos, pamphlets, pens, clothing |
| WIC Works Resource Center | www.wicworks.nal.usda.gov | Patient education materials designed by WIC programs |
| Kentucky WIC Program Breastfeeding Site | https://www.chfs.ky.gov/dph/mch/n/breastfeeding.htm | |
| Breastfeeding.com | www.breastfeeding.com | Information and retail site for breastfeeding families |

| Breastfeeding Resources for Health Professionals- Practice Guidelines and Statements | Internet Address | Comment |
|---|--|--|
| Breastfeeding Best Practice Guidelines for Nurses | www.rnao.org/bestpractices | Evidence-based practices for breastfeeding, developed in Canada |
| Healthy People 2020 | www.healthypeople.gov | National goals for breastfeeding, nutrition and health |
| National Child Care Health Standards | http://nrckids.org | Child care center standards with extensive information on infant nutrition, including breastfeeding, solids, and milk storage guidelines. Website also has childcare regulations for all states in the US. |
| New York State Department of Health "Breastfeeding Curriculum, grades K-12" | www.health.state.ny.us/nysdoh/bfeed/level1.htm | School curriculum incorporating breastfeeding topics |
| Center for Breastfeeding-Healthy Children 2000 327 E.t Quaker Meeting House Rd East Sandwich, MA 02537 Phone:(508) 888-8044 FAX: (508) 888-8050 | www.healthychildren.cc E-mail: info@healthychildren.cc | Lactation management courses, conferences |
| Lactation Education Consultants 618 N. Wheaton Avenue Wheaton, IL 60187 Phone:(630) 260-4847 FAX: (630) 260-8879 | www.lactationeducationconsultants.com E-mail: LECOffice@aol.com | Lactation management courses |
| Lactation Education Resources 3621 Lido Place Fairfax, VA 22031 Phone:(703) 691-2069 FAX: (212) 838-6930 | www.LERon-line.com www.leronline@yahoo.com | Lactation management courses, clinical practice information, on-line continuing education, patient education handouts |

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| Physician Breastfeeding Basics (Case Western Reserve Univ). | http://breastfeedingbasics.org/ | Non-commercial, on-line breastfeeding information 'short course' targeting health professionals; CME credit available |
| Journal of the American Medical Association (JAMA) | www.jama.ama-assn.org | On-line subscription available. |
| Journal of Human Lactation | http://jhl.sagepub.com | Subscription with ILCA membership; individual articles purchasable. |
| National Center for Health Statistics | www.cdc.gov | CDC center collecting and analyzing health stats for HP2020 and others |
| Pediatrics | https://pediatrics.aappublications.org | On-line abstracts available FREE; current issue. |
| PubMed (National Library of Medicine) | http://www.ncbi.nlm.nih.gov/sites/entrez | On-line search engine for scientific journals. |
| Wellstart International P.O. Box 80877 San Diego, CA 92138-0877 Phone:(619) 295-5192 FAX: (619) 574-8159 | www.wellstart.org E-mail: info@wellstart.org | Leader in breastfeeding policy and lactation management. Website hosts several publications, including curricula for medical, nursing, and dietetics programs. |
| Coalition to Improve Maternity Services (CIMS) | www.motherfriendly.org | Lead on improving birth care, primarily in the US; lead organization on the "Mother-Friendly Childbirth Initiative." Annual Conference |
| Healthy Mothers, Healthy Babies 409 12 th Street SW, Suite 309 Washington, DC 20024-2188 Anita Boles Phone:(202) 863-2458 | www.hmhb.org | National group addressing various health issues for mothers and children |
| National Alliance for Breastfeeding Advocacy (NABA) 254 Conant Road Weston, MA 02493-1756 FAX:(781) 893-8608 | www.naba-breastfeeding.org E-mail: marshalact@aol.com | Not-for-profit organization advocates for breastfeeding legislation and policy. Monitors formula industry and US government activities relevant to infant feeding |

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| National Breastfeeding Awareness Campaign (DHHS Office of Women's Health) | www.womenshealth.gov | Frequently asked questions, posters, Public Service Announcements, etc. for media campaign |
| United States Breastfeeding Committee | www.usbreastfeeding.org | Coalition of health, advocacy and governmental organizations. Website contains several issue papers and position statements |
| USDA-WIC Breastfeeding Home Page | www.fns.usda.gov/wic/breastfeeding/mainpage.htm | |
| World Alliance for Breastfeeding Advocacy (WABA) P. O. Box 1200 10850 Penang, Malaysia Phone: (604) 658-4816 FAX: (604) 657-2655 | www.waba.org.my E-mail: waba@waba.org.my | Lead organization for World Breastfeeding Week, World Breastfeeding Week Action Folders, Lactation Amenorrhea Method Frequently asked questions, etc. |

| Organizations: Health Care Professionals | Internet Address | Comment |
|---|--|--|
| Academy of Breastfeeding Medicine (ABM) 191 Clarksville Road Princeton Junction, NJ 08550 Phone:(877) 836-9947 ext. 25 FAX:(609) 799-7032 Phone: Local/International: (609) 799-6327 | www.bfmed.org E-mail: ABM@bfmed.org | A worldwide organization of physicians. Website has a number of protocols for breastfeeding families, including hypoglycemia, mastitis, co-sleeping, and human milk storage. |
| American Academy of Family Physicians Phone:(800) 274-2237 | www.aafp.org www.familydoctor.org/019.xml : | |
| American Academy of Pediatrics 141 NW Point Blvd. Elk Grove Village, IL 60009-0927 Phone:(847) 434-4000 Betty L. Crase, Program Mgr. Phone:(847) 434-4779 Phone:(800) 436-9016 | www.aap.org | Print, on-line resources for families and health professionals; policy statements and treatment guidelines relevant to breastfeeding |
| American College of Nurse Midwives | www.midwife.org | |
| Baby-Friendly Hospital Initiative | www.babyfriendlyusa.org | Lead organization for Baby-Friendly Hospital Initiative |

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| <p>Human Milk Banking Association of North America 1500 Sunday Drive, Suite 102 Raleigh, NC 27607 Phone:(919) 861-4530 ext. 226</p> | <p>www.hmbana.org</p> | <p>The professional association for human milk banks in Canada, Mexico and the United States. Website has information on donor milk banking, locations of milk banks, and practice guidelines for storage, handling and use of mother's milk and donated milk.</p> |
| <p>International Board of Lactation Consultants Examiners (IBLCE) 7309 Arlington Blvd., Suite 300 Falls Church, VA 22042-3215 Phone:(703) 560-7330</p> | <p>www.iblce.org</p> | <p>Accredited examination organization to credential IBCLC Lactation Consultants. Website hosts extensive information about the exam, including criteria to qualify, dates and locations.</p> |
| <p>International Childbirth Education Association (ICEA)</p> | <p>www.icea.org</p> | |
| <p>International Lactation Consultants Association (ILCA) Phone:(919) 787-5181 FAX:(919) 787-4916</p> | <p>www.ilca.org E-mail: info@ilca.org</p> | <p>Professional association for lactation consultants and other health professionals involved in lactation management. Website hosts policy documents and independent study modules. Large annual conference.</p> |



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