

# SUPPORTING BREASTFEEDING FAMILIES

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**EVERY OUNCE COUNTS!**



HEALTH DIVISION  
DAVID COULTER  
OAKLAND COUNTY EXECUTIVE



## RESOURCE GUIDE FOR BREASTFEEDING FAMILIES

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### OAKLAND COUNTY HEALTH DIVISION (OCHD) 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

Meg Seefelt, RD, LCE

Tammy Shaffer, CLS

Jez Vedula-Cardenas, RD, IBCLC

**Breastfeeding Warmline:**

833.649.4223 • Call or Text

Monday - Sunday • 8:00 AM - 8:00 PM

### OCHD NURSE ON CALL

800.848.5533 | [noc@oakgov.com](mailto:noc@oakgov.com)

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

### HOSPITAL BREASTFEEDING SERVICES

**Ascension Providence Hospital - Novi Campus**

Breastfeeding Clinic Novi & Southfield: 248.465.3880

**Ascension Providence Rochester Hospital**

Breastfeeding Classes and Services: 248.601.7572

**Corewell Health, Farmington Hills (formerly Beaumont)**

Breastfeeding Services: 248.471.8471

**Corewell Health, Royal Oak (formerly Beaumont)**

Breastfeeding Services: 248.898.0599

**Corewell Hospital, Troy (formerly Beaumont)**

Breastfeeding Services: 248.964.6455

**Henry Ford Hospital, West Bloomfield**

Breastfeeding Services and Classes: 248.325.0047

**Trinity Health Oakland Hospital (formerly St. Joe's)**

Best Beginnings Breastfeeding Group: 248.858.6455

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## 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.

### Aeroflow

Aeroflowbreastpumps.com

### Binson Medical Supply

Binsons.com

### Edgepark

Edgeparkbreastpumps.com

### Oakland County WIC (WIC Clients Only)

Manual, electric, and loaner pumps available for those that qualify • 248.858.1272



## FREE BREASTFEEDING SUPPORT GROUPS

### Best Beginnings Breastfeeding Support Group

Trinity Health Hospital: 248.858.6455

### La Leche League of Ferndale/ Royal Oak

<http://lllferndaleroyalok.weebly.com/>

### La Leche League of Lake Orion

[lakeorionlll.weebly.com](http://lakeorionlll.weebly.com)

### Southeast Michigan IBCLC'S of Color

<https://www.semiibclcofcolor.org/>

## MEDICATIONS AND BREASTFEEDING

### Infant Risk Center

Texas Tech University Health Sciences Center  
[www.infantrisk.com](http://www.infantrisk.com)



## ONLINE RESOURCES

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

### Breastfeeding your baby

[marchofdimes.com](http://marchofdimes.com)

### Breastmilk Counts

[breastmilkcounts.com](http://breastmilkcounts.com)

### Breastfeeding at home, at work, and in public

<https://www.womenshealth.gov/breastfeeding/breastfeeding-home-work-and-public>

### Breastfeeding and Parenting

[kellymom.com](http://kellymom.com)

### First Droplets

<https://firstdroplets.com/>

### Oakland County Breastfeeding

<https://www.oakgov.com/community/health/health-a-z/information-a-z/breastfeeding>

### 24-Hour Cribside Assistance for Dads

[newdadmanual.ca](http://newdadmanual.ca)

