



Resources for Nursing Mothers

Blue Earth County

International Lactation Consultant Association

Find a Lactation Consultant in your area at: www.ilca.org

La Leche League

llmankatostpeter.weebly.com/

Free support & information for breastfeeding mothers. For more info, call 507-400-0928 or email MankatoLLL@gmail.com.

Mankato: 2nd Monday of the month at 6:30 pm at Aurora Chiropractic, 1051 Madison Ave, Ste 2

St. Peter: 3rd Tuesday of the month at 6:30 pm at River Valley Birth Center, 526 W. Park Row

Mankato Clinic

mankatoclinic.com/childbirth-education-class-schedules

1421 Premier Drive, Mankato 507-385-4089

OB Childbirth Education: Breastfeeding Classes; schedule posted each year. Free & open to all. Register online.

Mayo Clinic Health System – Mankato

mayoclinichealthsystem.org/locations/mankato/medical-services/birthing-centers/breast-feeding

1025 Marsh Street, Mankato 507-385-2967

Lactation Services Program provides: Support & guidance for premature infants; Collaboration with certified lactation consultants; Phone consult & support after hospital discharge; Information on breast pump rentals & breast-feeding accessories.

Baby Café: Drop-in opportunity for support on Thursdays, 12:30-2:30 pm at the Children's Museum of So MN, 224 Lamm St, Mankato. For more info, call 507-594-2967.

New Ulm Medical Center

allinahealth.org/New-Ulm-Medical-Center/Services/Birth-Center/

1324 Fifth St N, New Ulm 507-217-5333

Breastfeeding Mother's Support Group: Nursing infants are welcome. Meets the 3rd Monday of the month at 6:30 pm at Our Savior's Lutheran Church, 1400 S. State Street, New Ulm.

Childbirth Prep: Breast/Bottle Feeding Class held in odd months in the hospital auditorium. To register, call 507-217-5333.

Sleepy Eye Medical Center

semedicalcenter.org/services/birthing-services/

400 Fourth Ave NW, Sleepy Eye 507-794-8478

Prenatal Classes: For the schedule or to register, email kbloedow@semedicalcenter.org.

Breastfeeding Support Group: Meets the 1st Tuesday of the month at 6:30 pm in the Union Room.

Women, Infants, & Children (WIC) Program

Breastfeeding support & info, as well as nutrition for nursing mothers. health.state.mn.us/people/wic/ppt/home.html 800-WIC-4030

Blue Earth County WIC

www.blueearthcountymn.gov/index.aspx?NID=264

410 S. Fifth St., Mankato 507-304-4163

Breast Pumps & Breastfeeding Supplies

Allina Health Home Oxygen & Medical Equipment
1600 Madison Ave, Suite 110, Mankato 507-345-8593
1601 South Broadway, New Ulm 507-217-5585
Additional locations in Owatonna and Hutchinson

Handi Medical Supply in the Madison East Mall
1400 Madison Ave, Suite 618, Mankato 507-779-7560

Mayo Medical Supply Store in the Madison East Mall
1400 Madison Ave, Suite 100A, Mankato 507-594-2689

Resources for Nursing Mothers Returning to Work

Employees' Guide to Breastfeeding and Working
www.womenshealth.gov/breastfeeding/business-case-for-breastfeeding.html

Practical tips to prepare for returning to work, expressing milk at work, and getting support
www.womenshealth.gov/breastfeeding/going-back-to-work.html

or call the toll-free hotline at 800-994-9662

Local public health staff are available to support you, your worksite, or your child care provider
www.BlueEarthCountyMN.gov/BeWell
or call 507-304-4411

Legal Protections for Nursing Mothers in Minnesota
www.publichealthlawcenter.org/sites/default/files/resources/Protections%20Nursing%20Mothers%20Sept%202014.pdf

This information was compiled by the following partners:

Southcentral Minnesota Breastfeeding Coalition

The Coalition's goal is to work collaboratively to increase the initiation, duration, & exclusivity of breastfeeding in Southcentral Minnesota. mnbreastfeedingcoalition.org

Local **Statewide Health Improvement Partnership** in Blue Earth, Brown, Le Sueur, Nicollet and Waseca Counties.
www.health.state.mn.us/communities/ship/index.html



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