



# Resources for Nursing Mothers



## **Brown County Public Health**

1117 Center St PO Box 543, New Ulm, MN 56073  
507-233-6820

<http://www.co.brown.mn.us/public-health-home>

## **First Choice Pregnancy Services**

1223 S Broadway St., New Ulm, MN 56073  
Call: 507-359-9800 or Text: 507-766-5300

<http://consideryouroptions.org/>

- Offers a free Breastfeeding Support Group class every Tuesday at 9am. Text 507-766-5300 or email [fcp.tlc@gmail.com](mailto:fcp.tlc@gmail.com) to register.

## **Allina Health New Ulm Medical Center**

1324 5<sup>th</sup> St. N, New Ulm, MN 56073  
507-217-5333

<http://www.allinahealth.org>

- **Prenatal Infant Feeding Class:** *This free class is open to all expectant parents and provides the information on the basics of breastmilk production and getting off to a good start and returning to work or school.*

## **Allina Health Springfield Clinic**

625 N. Jackson Ave., Springfield, MN 56087  
507-723-6201

<http://www.allinahealth.org>

## **Sleepy Eye Medical Center**

404 Ave NW, Sleepy Eye, MN 56085  
507-794-3691

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

- **Prenatal Classes – held every fall and spring**

*Topics include: breathing and relaxation exercises, labor and delivery, breastfeeding, and answers to your questions. Please contact Katie Bloedow @ 507-794-8457 or [kbloedow@semedicalcenter.org](mailto:kbloedow@semedicalcenter.org) to learn more and/or register.*

- **Prenatal Lactation Visit**

*Contact Chiloe Kottke, Lactation Counselor, at 507-794-3961 ext. 421 or [ckottke@semedicalcenter.org](mailto:ckottke@semedicalcenter.org) Mon-Fri 8:30am-4pm or call the business office at 877-794-3691 to learn more and/or to schedule an appt.*

- **Breastfeeding Support Group**

*This is a group that is open to all pregnant and nursing moms who want to learn more about breastfeeding and talk with others who are breastfeeding their babies. Bring your nursing children with you!. Meets the first Tuesday of every month from 6:30-7:30pm at the Sleepy Eye Medical Center Contact Chiloe Kottke, Lactation Counselor, at 507-794-3961 ext. 421 or [ckottke@semedicalcenter.org](mailto:ckottke@semedicalcenter.org) Mon-Fri 8-4pm or call the business office at 877-794-3691 to learn more.*

## **Women, Infants, & Children (WIC) Program**

*Breastfeeding support & info, as well as nutrition for nursing mothers.*

Brown County WIC Office, 1117 Center St., New Ulm, MN 56073  
507-233-6800

[www.co.brown.mn.us/childrenpublichealth/258-wic-women-infants-&-children-nutrition-program](http://www.co.brown.mn.us/childrenpublichealth/258-wic-women-infants-&-children-nutrition-program)

## **In Home Lactation Support Services**

Kitty Rader DNP, FNP-BC – call 507-766-3163 for more information and to arrange a visit.

## **Breast Pumps & Breastfeeding Supplies**

Adapt Health  
1601 South Broadway, New Ulm, MN 56073  
507-217-5585

Bellaforma (attached to Rice Home Medical)  
Redwood Falls  
1020 E. Bridge St, Redwood Falls, MN 56283  
507-637-2330

[www.bellaformaboutique.com](http://www.bellaformaboutique.com)

*\*Bellaforma also has locations attached to Rice Home Medical in Willmar and Alexandria*

Handi Medical Supply in the Madison East Mall  
1400 Madison Ave., Suite 618, Mankato, MN 56001  
507-779-7560

Mayo Medical Supply Store in the Madison East Mall  
1400 Madison Ave., Suite 100A, Mankato, MN 56001  
507-385-2689

Milk Mom's – free pump delivery service open 24/7  
763-413-0129  
Toll free: 1-866-MILKMOM

Randy's Family Drug & Gift  
121 1st Avenue South, Sleepy Eye, MN 56085  
507-794-3631

## **Helpful Websites**

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

International Lactation Consultants Association Find a Lactation Consultant in your area

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

United States Breastfeeding Committee

[www.cdc.gov/breastfeeding/](http://www.cdc.gov/breastfeeding/)

Centers for Disease Control and Prevention

<http://www.health.state.mn.us/divs/oshii/bf/childcare.html>

Minnesota Department of Health

[www.who.int/en/](http://www.who.int/en/)

World Health Organization

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

American Academy of Pediatrics

[www.la lecheleague.org](http://www.la lecheleague.org)

La Leche League International

[www.womenshealth.gov](http://www.womenshealth.gov)

Information on women's health, see breastfeeding ad campaign information

<http://www.health.state.mn.us/divs/fh/wic/bf/index.html>

WIC – Women, Infants and Children Program