

Breast Pumps *(Manual and Electric)*

Medela®

- Harmony™
- Swing™
- Freestyle®
- Pump in Style® Advanced
- Symphony®

Amēda®

- Purely Yours®
- Mya™ Joy

Phillips Avent®

- Manual
- Double Electric

Lansinoh®

- Manual
- Double Electric
- Smart Pump Double Electric

Spectra S1 Plus

- Electric

This brochure, developed by the Jackson County Breastfeeding Coalition, Inc. members include representatives from Black River Memorial Hospital, Ho-Chunk Health Care Center, Jackson County Public Health, Krohn Clinic, Footprints in Time Midwifery and other community members wishing to promote and support breastfeeding in our county. For more information, contact 715-284-4301, extension 385.

Support Groups and Help Lines

Mother-to-mother network of support information and encouragement.

- **La Leche League of La Crosse**
Contact Amanda at 608-799-1339 or email: LLLleaderInLaCrosse@gmail.com, www.llli.org/groups@lli*group*la.crosse
Find us on Facebook
- **La Leche League of Eau Claire**
www.llli.org/groups@lli*group*eau.claire
- **La Leche League International**
877-452-5324
<http://www.llli.org>
- **National Breastfeeding Helpline**
1-800-994-9662 (English or Spanish)

Recommended Readings

- *The Nursing Mother's Companion*
By Kathleen Huggins, RN, MS
The Harvard Press, Boston
- *The Womanly Art of Breastfeeding*
By La Leche League International
Franklin Park, Illinois
- *Breastfeeding - Pure and Simple*
By Gwen Gotsch

Recommended Websites

- www.lalecheleague.com
- www.kellymom.com
- www.medela.com
- www.ameda.com
- www.aap.org
- www.coffective.com

Local Resources for Breastfeeding Support



Jackson County
Breastfeeding Coalition, Inc.

Breastfeeding Classes

In just one session, you will learn the benefits of breastfeeding for mom, baby, and the family. Classes are held the second Tuesday evening in January, March, May, July, September, and November from 6:30 p.m. to 8:00 p.m. at Black River Memorial Hospital.

No cost to attend. For more information or to register, contact the Black River Memorial Hospital OB Department at 715-284-1329 or visit www.brmh.net/services/ob.



Lactation Consultation

Black River Memorial Hospital

711 W. Adams St.
Black River Falls, WI 54615
715-284-1329

- Luci Hutchins, RN, CLC, CBE
- Mya Elmhorst, RN, CLC

Childrens Community Services

(Clients of Childrens Community Services Only)

W11109 Rogers Rd.
Black River Falls, WI 54615
715-284-3001

- Jennifer Herrera, CLC

Footprints in Time Midwifery

502 Main St.
Black River Falls, WI 54615
715-284-2003

- Becky Amberg, RN

Ho-Chunk Health Care Center

(for Native Clients & Employees)

N6520 Lumberjack Guy Rd.
Black River Falls, WI 54615

- Kathy Braaten, RD, CD, CLS
715-284-9851 ext. 5335 or 888-685-4422
- Heather Jerzak, RD, CD, CLC
715-284-9851 ext. 5340

Jackson County Health & Human Services

WIC Department *(for WIC clients only)*

420 Hwy 54 West
Black River Falls, WI 54615

- Amy Gunderson, RD, CD, CLS
715-284-4301 ext. 499

Jackson County Health & Human Services

Public Health Department *(for Jackson County Residents)*

- Kathy Rumsey, RN, CLC
715-284-4301 ext. 375

Lactation Consultation *Continued...*

Krohn Clinic

610 W. Adams St.
Black River Falls, WI 54615
• Amber Kopp, LPN, CLC
715-284-4311

Breast Pump Rental & Purchase

	Purchase	Rent
B-Home Services and Supplies Black River Falls 715-284-3662	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Ho-Chunk Health Care Center <i>(Ho-Chunk WIC clients only)</i> 715-284-9851, ext. 5335	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Jackson County Breastfeeding Coalition, Inc. Luci Hutchins, RN, CLC, CBE Black River Memorial Hospital 715-284-1329	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Jackson County WIC Office <i>(WIC clients only)</i> Black River Falls 715-284-4301, ext. 385	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Target Check online for closest location	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Walgreens Check online for closest location	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Walmart Supercenter Black River Falls 715-284-2434	<input checked="" type="checkbox"/>	<input type="checkbox"/>