



# Breastfeeding Support

## Breastfeeding Phone Support

- **HSHS St. John's Hospital – 535-3983**  
Leave your name and phone number.
- **HSHS St. Mary's Hospital, Decatur – 464-2334**
- **Memorial Medical Center – 788-3378**  
Leave your name and phone number.
- **Passavant Area Hospital – 245-9541, ext. 3296**
- **WIC**  
535-3102 / Sangamon County  
735-2317 / Logan County  
824-4113 ext. 117 / Christian County  
423-6988 ext. 1340 / Macon County

## Breastfeeding Counseling

- **HSHS St. John's Hospital – 535-3983**  
Leave a name and phone number.
- **HSHS St. Mary's Hospital, Decatur – 464-2334**
- **Memorial Medical Center – 788-3378**  
Leave your name and phone number.
- **Passavant Area Hospital – 245-9541, ext. 3296**
- **WIC – 535-3102** Sangamon Co. Dept. of Public Health, 2833 S. Grand Ave. East, Springfield. *Walk-ins accepted from 8–11 a.m. and 1–3 p.m.*
- **WIC – 735-2317** Logan Co. Dept. of Public Health, 109 Third Street, P.O. Box 508, Lincoln. *Walk-ins accepted.*
- **WIC – 824-4113 ext. 117** Christian Co. Dept. of Public Health, 902 W. Springfield Rd., Taylorville.
- **WIC – 423-6988 ext. 1340** Macon Co. Dept. of Public Health, 1221 E. Condit St., Decatur.

## Breastfeeding Support Groups

- **Family Maternity Suites at Memorial Medical Center Mom/Baby Group – 788-3333** Moms and babies, up to 1 year, meet Thursdays at 1 p.m. in Room G759. *Moms must register to attend group.*
- **HSHS St. John's Hospital First Steps – 535-3696** Moms and babies meet Wednesdays at 12 noon on the 4th floor.
- **HSHS St. Mary's Hospital – 464-2334** *Baby Talk - Breastfeeding Support Group.* Moms and babies meet the 2nd & 4th Mondays, 10:30-11:30 a.m. at 500 E Lake Shore Dr, Decatur.
- **Passavant Area Hospital – 245-9541 ext. 3162** Moms and babies meet every 2nd and 4th Wednesday at 6 p.m. *Moms please register to attend group.*
- **WIC Mommy and Me – 535-3102** Moms and babies meet the 4th Friday of every month from 1 – 2 p.m. at the Sangamon County Department of Public Health, 2833 S. Grand Ave. East.

## **New Moms - Dealing with Feelings Support Group** HSHS St. John's Hospital – 535-3696

A counselor-led support group for moms dealing with feelings such as baby blues and postpartum depression.

*For dates of group meetings go to: <http://www.parenthelpline.org/phl/home.aspx>*

### **Breastfeeding Prenatal Classes**

- HSHS St. John's Hospital  
*Dinner for Two - How to Breastfeed Your Baby Class.*  
Call 744-2229 or 800-352-6587 to register.
- HSHS St. Mary's Hospital, Decatur  
*Breastfeeding for the Pregnant Couple.* Call 464-2334 to register.
- Memorial Medical Center,  
*The Get-Real Breastfeeding Guide*  
*Working and Breastfeeding*  
Call 788-3333 for more information or to register.
- Passavant Area Hospital, Jacksonville  
*Breastfeeding 101.* Call 479-5800 to register.

### **Breastfeeding Web Sites**

- [www.breastfeedingonline.com](http://www.breastfeedingonline.com)
- [www.la lecheleague.com](http://www.la lecheleague.com)
- [www.kellymom.com](http://www.kellymom.com)
- [www.newdadmanual.ca](http://www.newdadmanual.ca) – how dads can help with breastfeeding

*Contact your physician group website and local hospital websites for more information.*

### **Breastfeeding Social Media**

- First Steps: St. John's Moms Support Group - Facebook
- KellyMom.com – Facebook
- West Central Illinois Breastfeeding Task Force - Facebook

### **Breastfeeding Phone Apps**

- Baby Nursing for iPhone
- iBaby Feed Timer for iPhone
- Nursing Timer for iPhone
- Feed Baby – Tracker & Monitor for Android
- Breastfeeding – Baby Tracker for Android
- Breast-feeding for Windows 8 or 8.1

### **Breastfeeding Books**

- *The Nursing Mother's Companion* by Kathleen Huggins
- *The Womanly Art of Breastfeeding* published by La Leche League International
- *Mothering Multiples –Breastfeeding and Caring for Twins* by Karen Gromada
- *Breastfeeding, A Parent's Guide* by Amy Spangler
- *Breastfeeding Made Simple* by N. Mohrbacher, K. Kendall Tackett, and Dr. Jack Newman

*Brought to you by*

West Central  
Illinois  
Breastfeeding  
Task Force



Parent Help Line  
at HSHS St. John's  
Children's Hospital.  
217-544-5808