



2606 Chicago Ave S Minneapolis, MN 55407 Ph: (612) 545-5311
624 Smith Ave S St. Paul, MN 55107 Ph: (651) 689-3988
Fax: (612) 224-9622

Twin Cities Breastfeeding Resources

Breastfeeding Support at the Minnesota Birth Center

The Minnesota Birth Center is proud to offer Lactation Visits via several on-staff lactation specialists. Visits are offered throughout the week at both sites and are usually billable to insurance (be sure to check with your insurance company directly regarding coverage for IBCLC visits). Call either Front Desk to schedule: MPLS – 612.545.5311 / SP – 651.689.3988.

The Minnesota Birth Center also hosts a weekly postpartum support group called Well Fed. Hosted at MBC-SP every Monday from 10:30AM-noon, this group gives you an opportunity to weigh your baby and find support from other parents.

Local Breastfeeding Classes

Amma

952.926.BABY

ammarentingcenter.com

Ten Twin Cities locations, see website for complete schedule and to register.

BirthED

612.216.0877

birthedmn.com

Blooma

612.223.8064

blooma.com/childbirth-education/cbe-schedule

Enlightened Mama

952.457.3834

enlightenedmama.com

La Leche League of Golden Valley

Breastfeeding 101

facebook.com/LLLofGoldenValley



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Drop – In Breastfeeding Support Groups

Amma 952.926.BABY / ammaparentingcenter.com

Free drop-in baby weigh in sessions with Lactation Educator:

Tuesdays from 1-2 pm in Edina.

No appointment is necessary, no need to pre-register for baby weigh-ins.

Blooma 612.223.8064 / blooma.com

“Lactation Lounge” led by a lactation counselor; call Blooma for more info

Minneapolis location: Wednesdays 11am-12:30pm

Health Foundations 651.895.2520 / health-foundations.com

Mama’s Milk Hour Thursdays from 3:30-4:30pm

Le Leche League of Minnesota and the Dakotas llofmndas.org/find-a-meeting.html

Many meeting locations and times. Great support with knowledgeable leaders. Many people start attending LLL meetings prior to birth and pregnant people are always welcome.

Baby Café babycafeusa.org

Free, various locations.

- Visit with a lactation consultant in a group setting
- Meet other breastfeeding parents
- Scale available for baby weigh-in
- No need to register - come as you are!
- For an up-to-date list of all locations and meeting times visit their website.



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In-Home Lactation Consultation

Aszani Stoddard, CNM, IBCLC 651.237.9665 / aszani.com

Meets clients in her home-office or in their home.

Specializes in low milk supply and complex issues. Extensive knowledge regarding galactogogues and works with Iowa and Ohio Milk Banks for milk to be shipped to clients.

Baby Whisperer 612.750.5535 / babywhispererlc.com

Anne Cassens, IBCLC

Enlightened Mama

Liz Naylor 651.528.6733 (office) or 952.457.3834 (cell)

Offers home or office visits.

Jan Kaste, APRN, IBCLC

Offers home visits.

715.441.5126 / justjan@somtel.net

Lactation Specialists 612.298.1359 / lactationspecialists.com

Arlanda Dahnert RNC-LRN, IBCLC

Phone and in-home lactation consults.

Mama Wise Lactation

Victoria Albright 952.388.9887 / mamawiselactation.com / info@mamawiselactation.com

Offers home visits.

Hospital Lactation Consultation

Hennepin County Medical Center 612.873.MILK (6455)

hennepinhealthcare.org/specialty/breastfeeding-clinic

North Memorial Hospital - Lactation Office 763.581.8340

northmemorial.com/lactation-services-north-memorial-health-hospital

3300dale Avenue North, Robbinsdale, Main hospital, 3rd floor

The Mother Baby Center at Abbott, United, and Mercy Hospitals

themotherbabycenter.org/care-services/after-baby-born/breastfeeding-lactation

- The Mother Baby Center Abbott – Lactation Office 612.863.4638
- The Mother Baby Center United – Lactation Office 651.241.6250
- The Mother Baby Center Mercy – Lactation Office 763.236.7430



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Lactation office hours/appointments by phone or in person; appointments 7 days/week.
Multiple IBCLC on staff, accepts most insurance. Works with Mother's Milk Bank of Colorado for those who need to purchase breastmilk.

Donation and Purchase of Breastmilk

Minnesota Milk Bank for Babies

mnmilkbank.org

Offers milk depot locations for donations.

North Memorial Lactation Center Milk Depot

northmemorial.com/condition/milk-depot

To donate contact Minnesota Milk Bank for Babies at 763.546.8051 for screening and collection instructions. To purchase from North Memorial call 763.581.8340.

Mother's Milk Bank of Colorado

rmchildren.org/mothers-milk-bank

Strict criteria of who can donate and who can purchase milk. If you want to purchase milk call 303.869.1888, get a provider's prescription and fax it to 303.839.7336.

Health Foundations Birth Center

651.895.2520 / health-foundations.com

Donation site for Minnesota Milk Bank; milk is also available for purchase.

Rents hospital grade pumps.

Boutique at birth center has breastfeeding supplies.

Breast Milk Sharing

Human Milk for Human Babies - hm4hb.net

Great resource for discussing informed consent for milk sharing with other moms.

Eats on Feets – facebook.com/EOFMinnesota

Community-based milk sharing, another good resource with great information regarding risks/benefits of milk sharing.