# Breastfeeding Resource Guide

## Northland Kansas City Area

<table>
<thead>
<tr>
<th>Breastfeeding classes</th>
<th>Support Groups</th>
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</thead>
<tbody>
<tr>
<td><strong>Breastfeeding Basics</strong></td>
<td><strong>La Leche League of Greater Kansas City</strong></td>
</tr>
<tr>
<td>St. Luke’s Health System</td>
<td><a href="http://www.lllofgreaterkc.org">www.lllofgreaterkc.org</a></td>
</tr>
<tr>
<td>Various times and locations offered – see website</td>
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<tr>
<td><a href="https://www.saintlukeshealthsystem.org/events">https://www.saintlukeshealthsystem.org/events</a></td>
<td></td>
</tr>
<tr>
<td><strong>Breastfeeding Basics</strong></td>
<td><strong>North Kansas City Hospital</strong></td>
</tr>
<tr>
<td>Liberty Hospital</td>
<td>2800 Clay Edwards Drive, Kansas City</td>
</tr>
<tr>
<td>2525 Glen Hendren Drive, Liberty</td>
<td>Various class dates and times</td>
</tr>
<tr>
<td><a href="http://www.libertyhospital.org/Classes">www.libertyhospital.org/Classes</a></td>
<td><a href="http://www.nkch.org/classes-events">www.nkch.org/classes-events</a> or call (816) 691-5179</td>
</tr>
<tr>
<td><strong>Birth and Beyond-Class 2 Breastfeeding</strong></td>
<td><strong>Priority Care Pediatrics</strong></td>
</tr>
<tr>
<td>North Kansas City Hospital</td>
<td>9405 N. Oak Trafficway – Kansas City</td>
</tr>
<tr>
<td>2800 Clay Edwards Drive, Kansas City</td>
<td>(816) 412-2900</td>
</tr>
<tr>
<td>Various class dates and times</td>
<td><a href="http://pcppeds.com/index.php/lactation">pcppeds.com/index.php/lactation</a></td>
</tr>
<tr>
<td><a href="http://www.nkch.org/classes-events">www.nkch.org/classes-events</a></td>
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<tr>
<td><strong>Support Groups</strong></td>
<td><strong>Liberty Hospital</strong></td>
</tr>
<tr>
<td><strong>La Leche League of Greater Kansas City</strong></td>
<td>2525 Glen Hendren Drive, Liberty</td>
</tr>
<tr>
<td><a href="http://www.lllofgreaterkc.org">www.lllofgreaterkc.org</a></td>
<td>Wednesday 1-3 p.m. Education Center</td>
</tr>
<tr>
<td>(816) 691-1688</td>
<td>(816) 792-7219</td>
</tr>
<tr>
<td>Mondays 1:00 – 3:00 p.m. – 6th</td>
<td><a href="http://www.libertyhospital.org/Classes/Courses/BirthingCenter.htm#Course_BreastfeedingSupportGroup1">www.libertyhospital.org/Classes/Courses/BirthingCenter.htm#Course_BreastfeedingSupportGroup1</a></td>
</tr>
<tr>
<td><a href="http://www.nkch.org/services/womens/services/maternity/lactation">www.nkch.org/services/womens/services/maternity/lactation</a></td>
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</tr>
<tr>
<td><strong>Priority Care Pediatrics</strong></td>
<td><strong>St. Luke’s Health System – North</strong></td>
</tr>
<tr>
<td>9405 N. Oak Trafficway – Kansas City</td>
<td>5820 NW Barry Rd., Kansas City</td>
</tr>
<tr>
<td>(816) 412-2900</td>
<td>Wednesdays 11 a.m. – 12:30 p.m.</td>
</tr>
<tr>
<td>(816) 880-2746</td>
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<tr>
<td><strong>Liberty Hospital</strong></td>
<td><strong>Platte County Health Department – WIC</strong></td>
</tr>
<tr>
<td>2525 Glen Hendren Drive, Liberty</td>
<td>1201 East Street, Parkville</td>
</tr>
<tr>
<td>Wednesday 1-3 p.m. Education Center</td>
<td>Last Thursday of each month 1:30 p.m. – 2:30 p.m.</td>
</tr>
<tr>
<td>(816) 792-7219</td>
<td></td>
</tr>
<tr>
<td><a href="http://www.libertyhospital.org/Classes/Courses/BirthingCenter.htm#Course_BreastfeedingSupportGroup1">www.libertyhospital.org/Classes/Courses/BirthingCenter.htm#Course_BreastfeedingSupportGroup1</a></td>
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<tr>
<td><strong>St. Luke’s Health System – North</strong></td>
<td><strong>Clay County Health Department – WIC</strong></td>
</tr>
<tr>
<td>5820 NW Barry Rd., Kansas City</td>
<td>800 Haines Drive, Liberty</td>
</tr>
<tr>
<td>Wednesdays 11 a.m. – 12:30 p.m.</td>
<td>1st &amp; 3rd Thursday of each month 1:00 – 3:00 PM</td>
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<tr>
<td>Barry Medical Park</td>
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<tr>
<td>(816) 880-2746</td>
<td></td>
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<tr>
<td><strong>Platte County Health Department – WIC</strong></td>
<td></td>
</tr>
<tr>
<td>1201 East Street, Parkville</td>
<td></td>
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<tr>
<td>Last Thursday of each month 1:30 p.m. – 2:30 p.m.</td>
<td></td>
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<tr>
<td><strong>Clay County Health Department – WIC</strong></td>
<td></td>
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<tr>
<td>800 Haines Drive, Liberty</td>
<td></td>
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<tr>
<td>1st &amp; 3rd Thursday of each month 1:00 – 3:00 PM</td>
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<tr>
<td><strong>Professional Support</strong></td>
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<tr>
<td><strong>Pediatric Care North</strong></td>
<td></td>
</tr>
<tr>
<td>8781 N. Platte Purchase Drive, Kansas City</td>
<td></td>
</tr>
<tr>
<td>(816) 587-3200</td>
<td></td>
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<tr>
<td><a href="pediatriccarenorth.com/Pages/PCN-Services-Lactation.html">pediatriccarenorth.com/Pages/PCN-Services-Lactation.html</a></td>
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<tr>
<td><strong>Priority Care Pediatrics</strong></td>
<td></td>
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<tr>
<td>9405 N. Oak Trafficway, Kansas City</td>
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<tr>
<td><a href="pcpeds.com/index.php/lactation">pcpeds.com/index.php/lactation</a></td>
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<tr>
<td><strong>Women, Infant and Children’s (WIC) Supplemental Food Program</strong></td>
<td><strong>WIC Supports Breastfeeding</strong></td>
</tr>
<tr>
<td>MO: <a href="http://www.health.mo.gov/wic">www.health.mo.gov/wic</a> (800) 392-8209</td>
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<tr>
<td><strong>Clay County Health Department</strong></td>
<td></td>
</tr>
<tr>
<td>800 Haines Drive, Liberty</td>
<td></td>
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<tr>
<td>(816) 595-4358</td>
<td></td>
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<tr>
<td><strong>Platte County Health Department</strong></td>
<td></td>
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<tr>
<td>212 Marshall Road, Platte City</td>
<td></td>
</tr>
<tr>
<td>(816) 858-2412</td>
<td></td>
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<tr>
<td>1201 East Street, Parkville</td>
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<tr>
<td>(816) 587-5998</td>
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<tr>
<td><strong>Breast pumps</strong></td>
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<tr>
<td><strong>North Kansas City Hospital</strong></td>
<td></td>
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<tr>
<td>2800 Clay Edwards Drive, Kansas City</td>
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<tr>
<td>(816) 691-5177</td>
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<tr>
<td><a href="http://www.nkch.org/services/womens/services/maternity/lactation">www.nkch.org/services/womens/services/maternity/lactation</a></td>
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<td>9405 N. Oak Trafficway, Kansas City</td>
<td></td>
</tr>
<tr>
<td>(816) 412-2907</td>
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<tr>
<td><a href="pcpeds.com/index.php/lactation">pcpeds.com/index.php/lactation</a></td>
<td></td>
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<tr>
<td><strong>Breastfeeding Books for Mom</strong></td>
<td></td>
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<tr>
<td>The Womanly Art of Breastfeeding</td>
<td></td>
</tr>
<tr>
<td><em>8th Revised Edition. LLLI, 2010</em></td>
<td></td>
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<tr>
<td>Nursing Mother, Working Mother</td>
<td></td>
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<tr>
<td><em>Gale Pryor 2007</em></td>
<td></td>
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<tr>
<td>Great Expectations: The Essential Guide to Breastfeeding</td>
<td></td>
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<tr>
<td><em>Dr. Marianne Neifert 2009</em></td>
<td></td>
</tr>
<tr>
<td>Breastfeeding. A Parent’s Guide</td>
<td></td>
</tr>
<tr>
<td><em>Amy Spangler, MN, RN, IBCLC. 9th Edition. 2010</em></td>
<td></td>
</tr>
<tr>
<td>The Breastfeeding Mother’s Guide to Making More Milk</td>
<td></td>
</tr>
<tr>
<td><em>Diane West &amp; Lisa Marasco 2009</em></td>
<td></td>
</tr>
<tr>
<td>Mothering Multiples: Breastfeeding &amp; Caring for Twins or More</td>
<td></td>
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<tr>
<td><em>K. Gromada 3rd Ed, 2007</em></td>
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### Breastfeeding Resources- Internet

<table>
<thead>
<tr>
<th>Resource</th>
<th>URL</th>
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<tbody>
<tr>
<td>Find a Lactation Consultant in your area</td>
<td><a href="http://www.ilca.org">www.ilca.org</a></td>
</tr>
<tr>
<td>Evidence-based information on breastfeeding</td>
<td><a href="http://www.kellymom.com">www.kellymom.com</a></td>
</tr>
<tr>
<td>Secrets of Baby Behavior</td>
<td><a href="http://www.secretsofbabybehavior.com">www.secretsofbabybehavior.com</a></td>
</tr>
<tr>
<td>Biological Nursing</td>
<td><a href="http://www.biologicalnurturing.com">www.biologicalnurturing.com</a></td>
</tr>
<tr>
<td>Returning to work</td>
<td><a href="http://www.workandpump.com">www.workandpump.com</a></td>
</tr>
<tr>
<td>Dr. Jack Newman’s breastfeeding resources</td>
<td><a href="http://www.breastfeedinginc.ca">www.breastfeedinginc.ca</a></td>
</tr>
<tr>
<td>La Leche League</td>
<td><a href="http://www.lli.org">www.lli.org</a></td>
</tr>
<tr>
<td>Dr. Thomas Hale’s Infant Risk Center-drug information</td>
<td><a href="http://www.infantrisk.com">www.infantrisk.com</a> or call 806-352-2519</td>
</tr>
<tr>
<td>National Breastfeeding Helpline</td>
<td><a href="http://www.womensealth.gov">www.womensealth.gov</a> or call 800-994-9662</td>
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### Breastfeeding Phone Apps

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<tr>
<th>App</th>
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<tbody>
<tr>
<td>LactMed</td>
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<tr>
<td>Breastfeeding Solutions by Nancy Mohrbacher</td>
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<tr>
<td>Coffective</td>
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<tr>
<td>MommyMeds</td>
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<tr>
<td>MOMents for Moms by MOMcircle</td>
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<tr>
<td>Milk Maid</td>
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### State and Local Breastfeeding Coalitions

<table>
<thead>
<tr>
<th>Coalition</th>
<th>Contact Information</th>
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<tbody>
<tr>
<td>Maternal &amp; Child Health Coalition of Kansas City</td>
<td><a href="http://www.mchc.net">www.mchc.net</a> <a href="mailto:info@mchc.net">info@mchc.net</a></td>
</tr>
<tr>
<td>Missouri Breastfeeding Coalition</td>
<td><a href="http://www.MOBreastfeeding.org">www.MOBreastfeeding.org</a> <a href="mailto:Info@MOBreastfeeding.org">Info@MOBreastfeeding.org</a></td>
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05/2015