

## Breastfeeding Resource Guide

### Kansas City Metropolitan Area

<b>Breastfeeding Classes</b>	
<b>Breastfeeding Basics</b> St. Luke's Health System Various times and locations offered - see website <a href="https://www.saintlukeshealthsystem.org/events">https://www.saintlukeshealthsystem.org/events</a>	<b>Breastfeeding Successfully</b> Various locations and times (913) 438-4773 or <a href="mailto:healthyarrivals@hcamidwest.com">healthyarrivals@hcamidwest.com</a> <a href="http://www.healthyarrivals.org">www.healthyarrivals.org</a>
<b>Breastfeeding Basics</b> Truman Medical Center-Lakewood 2 <sup>nd</sup> Thursday & 4 <sup>th</sup> Wednesday, 11:30 a.m. –12:30 p.m. call (816) 404-8260	<b>Healthy Beginnings Program</b> (for Medicaid patients) St. Joseph Hospital 1000 Carondelet Dr. – Kansas City (816) 943-4645 <a href="http://www.stjosephkc.com/topic/healthy-beginnings-program.aspx?id=itemc">www.stjosephkc.com/topic/healthy-beginnings-program.aspx?id=itemc</a>
<b>Prenatal Breastfeeding Classes</b> (816) 404-0474 Truman Medical Center – Hospital Hill Check website for days and times: <a href="http://www.trumed.org/truweb/hh/hh_health_services/hh_birthplace_lactation.aspx">www.trumed.org/truweb/hh/hh_health_services/hh_birthplace_lactation.aspx</a>	<b>Birth and Beyond-Class 2 Breastfeeding</b> North Kansas City Hospital 2800 Clay Edwards Drive, Kansas City Various class dates and times <a href="http://www.nkch.org/classes-events">www.nkch.org/classes-events</a> or call (816) 691-5179
<b>Breastfeeding Basics</b> (816) 792-7227 Liberty Hospital 2525 Glen Hendren Drive, Liberty <a href="http://www.libertyhospital.org/Classes">www.libertyhospital.org/Classes</a>	<b>Breastfeeding</b> Shawnee Mission Medical Center (913) 632-4330 9100 W 74 <sup>th</sup> St., Shawnee Mission KS <a href="http://smmcrclii.ahss.org">smmcrclii.ahss.org</a>

<b>Support Groups</b>	
<b>La Leche League of Greater Kansas City</b> <a href="http://www.llofgreaterkc.org">www.llofgreaterkc.org</a>	<b>Chocolate Milk Café</b> Uzazi Village 3647 Troost Ave- Kansas City (913) 638-0716 or (913) 486-8568 2nd and 4th Wednesday from 10-11:30 a.m. <a href="http://www.uzazivillage.com/breastfeeding">www.uzazivillage.com/breastfeeding</a> or call Facebook discussion group- "Chocolate Milk Café"
<b>Baby Café Breastfeeding Support Meetings</b> Truman Medical Center – Hospital Hill 6 <sup>th</sup> floor Every Tuesday 1-2:30 p.m. (816) 404-0474 <a href="http://www.trumed.org/truweb/hh/hh_health_services/hh_birthplace_lactation.aspx">www.trumed.org/truweb/hh/hh_health_services/hh_birthplace_lactation.aspx</a>	<b>Pediatric Care Specialists</b> (913) 906-0900 12541 Foster, Suite 260 - Overland Park 1 <sup>st</sup> & 3 <sup>rd</sup> Wednesdays <a href="http://www.pedcarespecialists.com">www.pedcarespecialists.com</a>
<b>Terrific Moms Club</b> (816) 404-8260 Truman Medical Center – Lakewood Every Wednesday at 1-2:00 p.m. <a href="http://www.trumed.org/truweb/lakewoodfamilybirthplace/classes.aspx">www.trumed.org/truweb/lakewoodfamilybirthplace/classes.aspx</a>	<b>North Kansas City Hospital</b> (816) 691-1688 2800 Clay Edwards Drive, Kansas City Mondays 1:00-3:00 p.m. – 6 <sup>th</sup> floor pavilion <a href="http://www.nkch.org/services/womens/services/maternity/lactation">www.nkch.org/services/womens/services/maternity/lactation</a>
<b>St. Joseph Hospital</b> (816) 943-2027 1000 Carondelet Dr. – Kansas City Mondays 11:00 a.m. - noon <a href="http://www.stjosephkc.com/topic/lactation-support-program.aspx?id=itemc">http://www.stjosephkc.com/topic/lactation-support-program.aspx?id=itemc</a>	<b>Research Medical Center</b> (816) 276-3145 2316 E. Meyer Blvd., Kansas City Tuesdays 1-3 p.m.
<b>Centerpoint Medical Center</b> (816) 698-7399 19600 E 39 <sup>th</sup> Street S, Independence Mondays 5:30-7 p.m./Fridays 10-11 a.m.	<b>Priority Care Pediatrics</b> (816) 412-2900 9405 N. Oak Trafficway- Kansas City Mondays 6-7 p.m. <a href="http://pcpeds.com/index.php/lactation">pcpeds.com/index.php/lactation</a>
<b>Menorah Medical Center</b> 5721 W. 119 <sup>th</sup> St., Overland Park KS Tuesdays noon-1 p.m.- Ladies and Babies Room (913) 498-6322	

## Breastfeeding Resource Guide

### Kansas City Metropolitan Area

<p><b>Overland Park Regional Medical Center</b> 10500 Quivera Road, Overland Park, KS Wednesdays 9:30-11 a.m. in Conference Room 2, near cafeteria (913) 541-5208</p>	<p><b>Shawnee Mission Medical Center</b> 9100 W 74<sup>th</sup> St., Shawnee Mission KS Tuesdays 10-11:30 a.m. Life Dynamics Building (913) 632-4330 <a href="http://smmrcii.ahss.org">smmrcii.ahss.org</a></p>
<p><b>Healthcare for Children</b> (816) 792-1170 9051 NE 81<sup>st</sup> Terrace, Suite 100- Kansas City Tuesdays 3-4:30 p.m. <a href="http://healthcareforchildrenkc.com">healthcareforchildrenkc.com</a></p>	<p><b>Liberty Hospital</b> (816) 792-7219 2525 Glen Hendren Drive, Liberty Wednesdays 1-3 p.m. Education Center <a href="http://www.libertyhospital.org/Classes/Courses/BirthingCenter.htm#Course_BreastfeedingSupportGroup1">www.libertyhospital.org/Classes/Courses/BirthingCenter.htm#Course_BreastfeedingSupportGroup1</a></p>
<p><b>Olathe Medical Center</b> 20333 W. 151<sup>st</sup> St. Olathe, KS 1<sup>st</sup> &amp; 3<sup>rd</sup> Tuesdays 1-2:30 p.m. Family Resource Ctr. (913) 791-4415 <a href="http://www.olathehealth.org/CourseCatalog/Support-Groups/Breastfeeding-Support">www.olathehealth.org/CourseCatalog/Support-Groups/Breastfeeding-Support</a></p>	<p><b>St. Luke's Health System</b> <b>East-</b> 100 NE St. Luke's Blvd, Lee's Summit Mondays 10 a.m.-noon, 1<sup>st</sup> &amp; 3<sup>rd</sup> Tuesdays 6:30-8 p.m. (816) 347-4680</p> <p><b>South-</b> 1233 Metcalf Ave., Overland Park KS Thursdays 12:30-2:30 (maternity floor) (913) 317-7813</p> <p><b>North-</b> 5820 NW Barry Rd. N, Kansas City Wednesdays 11 a.m.-12:30 p.m. Barry Medical Park (816) 880-2746</p>

<b>Professional Support</b>	
<p><b>Truman Medical Center- Hospital Hill</b> (816) 404-0474 <b>Truman Medical Center – Lakewood</b> 816-404-8260</p>	<p><b>Johnson County OB/GYN</b> (913) 236-6455 7440 W. Frontage Rd., Merriam KS <a href="http://www.joco-obgyn.com">www.joco-obgyn.com</a></p>
<p><b>Rosemary Boudreaux RN, IBCLC</b> (816) 678-7825</p>	<p><b>Done Naturally</b> (913) 236-5831 <a href="http://www.donenaturally.com">www.donenaturally.com</a></p>
<p><b>Breastfeeding Clinic- Uzazi Village</b> 3647 Troost Ave- Kansas City (913) 638-0716 or (913) 486-8568 <a href="http://www.uzazivillage.com/breastfeeding">www.uzazivillage.com/breastfeeding</a></p>	<p><b>Pediatric Care North</b> (816) 587-3200 8781 N. Platte Purchase Drive- Kansas City <a href="http://pediatriccarenorth.com/Pages/PCN-Services-Lactation.html">pediatriccarenorth.com/Pages/PCN-Services-Lactation.html</a></p>
<p><b>Jessica Mattingly, MEd, CCE, IBCLC</b> <a href="mailto:Jtmattingly@gmail.com">Jtmattingly@gmail.com</a> (913) 706-0912</p>	<p><b>Priority Care Pediatrics</b> (816) 412-2900 9405 N. Oak Trafficway- Kansas City <a href="http://pcpeds.com/index.php/lactation">pcpeds.com/index.php/lactation</a></p>
<p><b>Complete Family Nutrition</b> 816-812-5396 <a href="http://www.completefamilynutritionkc.com">www.completefamilynutritionkc.com</a></p>	<p><b>Tiffany Speck APRN, IBCLC</b> (913) 626-2811</p>
<p><b>St. Luke's Heart of America Mother's Milk Bank- To donate breast milk</b> (816) 932-4888 or email <a href="mailto:kcmilkbank@saint-lukes.org">kcmilkbank@saint-lukes.org</a> <a href="http://www.saintlukeshealthsystem.org/services/saint-luke%E2%80%99s-heart-america-mothers%E2%80%99-milk-bank">www.saintlukeshealthsystem.org/services/saint-luke%E2%80%99s-heart-america-mothers%E2%80%99-milk-bank</a></p>	

## Breastfeeding Resource Guide Kansas City Metropolitan Area

Tongue-Tie Support	
<b>Nick Prater DDS**</b> 13095 Mur-Len Rd. #160, Olathe KS (913) 764-6222 <a href="http://www.mykidsdentist.net">www.mykidsdentist.net</a>	<b>Daniel Nielson, DDS</b> 16500 Indian Creek Parkway #100, Olathe KS (913) 829-2700 Has privileges at many Metro KC hospitals
<b>Sallie Page-Goertz MN, APRN, CPNP, IBCLC</b> 3901 Rainbow Blvd., Kansas City KS (913) 588-6364	<b>Robert A. Weatherly, MD -- Pediatric ENT</b> 2401 Gillham Rd., Kansas City, MO (816) 234-3040
<b>Peter Carter, MD</b> Pediatric Care Partners, P.A. 7301 W. 133 <sup>rd</sup> St., Suite 102, Overland Park KS (913) 888-4577	<b>Kansas City Ear, Nose and Throat- Gary Shaw, MD</b> Offices in Lee's Summit, Kansas City and Overland Park (816) 524-4890 <a href="http://www.kcearnoseandthroat.com">www.kcearnoseandthroat.com</a>
<b>Kirk Collier, DDS &amp; Dr. Douglas Fain, DDS, MD</b> Oral & Facial Surgery Associates 3700 W 83rd Street, Ste. 203, Prairie Village KS (913) 381-5194	<b>John Tanner, DDS**</b> Facial Surgery Group 4700 Belleview Ave #L10, Kansas City MO (816) 561-1115
<b>Dr. Nirav Shastri (Mr. not Mrs., only he does frenotomies)</b> KU Med Pediatric Primary Care 3901 Rainbow Blvd., Kansas City KS (913) 588-1227	<b>James Elias, DDS; Kirk Opdahl, DDS; Jeremy Bowen, DDS</b> Dental Arts 19201 E. Valley View Pkwy, Ste. A, Independence MO (816) 478-3600

\*\*Have been known to revise posterior tongue ties

Women, Infant and Children's (WIC) Supplemental Food Program		WIC Supports Breastfeeding!
MO: <a href="http://www.health.mo.gov/wic">www.health.mo.gov/wic</a> (800) 392-8209 KS: <a href="http://www.kansaswic.org">www.kansaswic.org</a> (785) 296-1320		
WIC Agency (Missouri)	Locations	Phone Number
Truman Medical Center*	7900 Lee's Summit Rd. 520 E 22nd Street 2301 Holmes 3039 Troost 13852 S. 71 Highway-Grandview 1511 S. State 7 Hwy.-Blue Springs 16995 Dover Lane-Independence	(816) 404-9740 (816) 404-0650 (816) 404-0662 (816) 756-3511 (816) 404-6580 (816) 404-3650 (816) 257-2335
Swope Health Centers*	3801 Blue Parkway	(816) 922-1080
Crescent Clinic*	8787 Blue Ridge Blvd.	816-763-0969
Samuel Rodgers Health Center* After Hours Phone Support (816) 728-0904 (Jackson County) (816) 719-2236 (Lafayette County)	825 Euclid-KC 4820-A N. Oak Trafficway-KC 2121 Summit-KC 811 A South 13 Highway-Lexington	(816) 474-4920 (816) 413-0662 (816) 471-0900 Ext. 2 (660) 259-3823
Kansas City Health Department	2400 Troost, Suite 1400	(816) 513-6360
St. Luke's Hospital	4320 Wornall, Suite 332	(816) 932-5156
Platte County Health Department*	212 Marshall-Platte City 1201 East St.-Parkville	(816) 858-2412 (816) 587-5998
Clay County Health Department*	800 Haines Drive-Liberty	(816) 595-4358
Cass County Health Department	300 S. Main-Harrisonville	(816) 380-8430
Johnson County Health Department	723 PCA Road-Warrensburg 100 S. Market St.-Holden	(660) 747-2012 (660) 441-3552
WIC Breastfeeding services are only available to families that qualify. For eligibility requirements go to <a href="http://health.mo.gov/living/families/wic/wicfamilies">health.mo.gov/living/families/wic/wicfamilies</a> . Breast pumps available at all WIC agencies depending on need and availability. * WIC agency offers Breastfeeding Peer Counseling support.		

## Breastfeeding Resource Guide Kansas City Metropolitan Area

<b>Breast Pumps</b>	
<b>North Kansas City Hospital</b> 2800 Clay Edwards Drive, Kansas City (816) 691-5177 <a href="http://www.nkch.org/services/womens/services/maternity/lactation">www.nkch.org/services/womens/services/maternity/lactation</a>	<b>St. Luke's Health System</b> Plaza- (816) 932-0300 East- (816) 347-4680 South- (913) 317-7813 <a href="http://www.saintlukeshealthsystem.org/breast-pump-rental-sales">www.saintlukeshealthsystem.org/breast-pump-rental-sales</a>
<b>Liberty Hospital</b> 2525 Glen Hendren Drive, Liberty (816) 792-7219	<b>Red Cross Pharmacies</b> Grain Valley (816) 847-2990 Kearny (816) 943-4879
<b>Priority Care Pediatrics</b> (816) 412-2907 9405 N. Oak Trafficway- Kansas City <a href="http://pcpeds.com/index.php/lactation">pcpeds.com/index.php/lactation</a>	<b>Carondelet Pharmacy- St. Joseph Hospital (rentals only)</b> 1000 Carondelet Dr. Kansas City (816) 943-4879
<b>Target</b> Several locations-see website for details <a href="http://www.target.com">www.target.com</a>	<b>Walgreens Pharmacy</b> Several locations-see website for details <a href="http://www.walgreens.com/q/breast-pumps">www.walgreens.com/q/breast-pumps</a>
<b>Mommy &amp; Me Boutique</b> Shawnee Mission Medical Center 9100 West 74th Street, Shawnee Mission (913) 632-4121 <a href="http://www.shawneemission.org/health-services/womens-health/maternity-services/mommy-a-me">www.shawneemission.org/health-services/womens-health/maternity-services/mommy-a-me</a>	<b>Buy Buy Baby (rentals only)</b> 20000 East Jackson Drive, Independence (816) 795-3383 12055 Metcalf Avenue, Overland park (913) 661-2675 <a href="http://www.buybuybaby.com">www.buybuybaby.com</a>
<b>Pharmacy Express- Olathe Health Systems</b> (913) 393-4440 <a href="http://www.olathehealth.org/Hospitals-And-Clinics/PharmacyExpress">www.olathehealth.org/Hospitals-And-Clinics/PharmacyExpress</a>	<b>KC Baby</b> (913) 486-1701 <b>Breast Pump Express</b> (813) 648-1310
<b>Babies R Us</b> 8640 N Madison Ave, KC- (816) 420-8808 14450 E Us Highway 40, KC - (816) 350-2224 8500 W 135th St, Overland Park- (913) 814-8921 14400 E 40th St S, Independence- (816) 350-2224	<b>Albers Medical Pharmacy (rentals only)</b> 4400 Broadway, Suite 106, KC (816) 931-0100 7201 East 147th St., Grandview (816) 318-9999 <a href="http://www.alberspharmacy.com">www.alberspharmacy.com</a>

<b>Breastfeeding Books for Moms</b>	
The Womanly Art of Breastfeeding <i>8<sup>th</sup> Revised Edition. LLLI, 2010</i>	Nursing Mother, Working Mother <i>Gale Pryor 2007</i>
Great Expectations: The Essential Guide to Breastfeeding <i>Dr. Marianne Neifert 2009</i>	Breastfeeding. A Parent's Guide <i>Amy Spangler, MN, RN, IBCLC. 9<sup>th</sup> Edition. 2010</i>
The Breastfeeding Mother's Guide to Making More Milk <i>Diane West &amp; Lisa Marasco 2009</i>	Mothering Multiples: Breastfeeding & Caring for Twins or More K. Gromada 3 <sup>rd</sup> Ed, 2007

## Breastfeeding Resource Guide

### Kansas City Metropolitan Area

<b>Breastfeeding Resources- Internet</b>	
Find a Lactation Consultant in your area	<a href="http://www.ilca.org">www.ilca.org</a>
Evidence-based information on breastfeeding	<a href="http://www.kellymom.com">www.kellymom.com</a>
Secrets of Baby Behavior	<a href="http://www.secretsofbabybehavior.com">www.secretsofbabybehavior.com</a>
Biological Nurturing	<a href="http://www.biologicalnurturing.com">www.biologicalnurturing.com</a>
Returning to work	<a href="http://www.workandpump.com">www.workandpump.com</a>
Dr. Jack Newman's breastfeeding resources	<a href="http://www.breastfeedinginc.ca">www.breastfeedinginc.ca</a>
La Leche League	<a href="http://www.llli.org">www.llli.org</a>
Web Forum- Breastfeeding discussions	<a href="http://forums.llli.org/index.php">forums.llli.org/index.php</a>
Dr. Thomas Hale's Infant Risk Center-drug information	<a href="http://www.infantrisk.com">www.infantrisk.com</a> or call 806-352-2519.
National Breastfeeding Helpline	<a href="http://www.womenshealth.gov">www.womenshealth.gov</a> or call 800-994-9662.

<b>Breastfeeding Phone Apps</b>		
<a href="#">LactMed</a>	<a href="#">Breastfeeding Solutions</a> by Nancy Mohrbacher	<a href="#">Coffective</a>
<a href="#">MommyMeds</a>	<a href="#">MOMents for Moms</a> by MOMcircle	<a href="#">Milk Maid</a>

<b>State and Local Breastfeeding Coalitions</b>	
<b>Maternal &amp; Child Health Coalition of Kansas City</b> 6400 Prospect Ave. Suite 216, Kansas City 64132 (816) 283-6242 <a href="http://www.mchc.net">www.mchc.net</a> <a href="mailto:info@mchc.net">info@mchc.net</a>	<b>Missouri Breastfeeding Coalition</b> PO Box 10050, Columbia MO 65205 <a href="http://www.MOBreastfeeding.org">www.MOBreastfeeding.org</a> <a href="mailto:Info@MOBreastfeeding.org">Info@MOBreastfeeding.org</a>

Breastfeeding Resource Guide developed by the Missouri Breastfeeding Coalition. Please email [info@MOBreastfeeding.com](mailto:info@MOBreastfeeding.com) with any additions or corrections. 1/2015