



Breastfeeding Coalition of Polk County

Breastfeed Today for a Healthy Tomorrow

A Resource Guide for Breastfeeding Moms in the Des Moines Metro Area

◆ Hospital Based Lactation Consultants/Support Groups

Mercy Medical Center

515-358-2082

www.mercydesmoines.org

Support Group meets twice per month:

2nd and 4th Tuesday, 11am-12pm

East Tower Conference Center

UnityPoint Health -Des Moines

515-241-6570

www.iowahealth.org/lactation-services

Support groups meets every Wednesday

*Daytime support group: 1pm-2pm

Iowa Lutheran Hospital

Conference Room 1, first floor

*Evening support group: 6pm-7pm

Methodist West Hospital

Maternity Center Conference Room

◆ Private Practice Lactation Consultant/Support Groups

Basking Babies, LLC

515-210-1868

www.basking-babies.com

Support group meets monthly:

Last Wednesday of the month

12:30pm-2:00pm

Altoona Library

Baby scale available at all of the above .

◆ Additional Support Groups

Bright Clare Mums

www.brightclaremums.com

Breastfeeding help open hours are every first and
fourth Friday evening from 6-7p.

Village Learning Centre

733 19th, Des Moines.

La Leche League of Des Moines

Des Moines Metro Area

<http://www.llusa.org/web/DesMoinesIA.html>

LLL of DSM has several different groups that
meet each month. Please see their website
for more information.

◆ Additional Online Resources

- www.iabreastfeeding.org
- www.breastfeedinginc.ca
- www.womenshealth.gov/breastfeeding
- www.infantrisk.com
- www.kellymom.com
- www.babygooroo.com
- www.breastfeedingusa.org
- www.lalecheleague.org
- www.askdrsears.com
- www.familyfriendlybusinessinitiative.com

◆ **Other Services**

Broadlawns Family Birthing Center

515-282-2260

www.broadlawns.org

Young Women's Resource Center

515-244-4901

www.ywrc.com

Visiting Nurse Services

Breastfeeding home visits for clients who currently have Medicaid (Title 19), are un-insured, or under-insured. Contact VNS's Maternal Child Health intake department

515-558-9946

www.vnsdm.org

WIC (Women, Infants, & Children)

WIC is a supplemental nutrition program for babies, children under the age of 5, pregnant women, breastfeeding women, and women who have had a baby in the last 6 months.

515-282-5800 (Polk County)



National Breastfeeding Helpline

1-800-994-9662

Breastfeeding peer counselors can answer common breastfeeding questions and walk you through challenges on issues ranging from latching to pumping and storage.

◆ **Other Local Parenting Support Groups**

Postpartum Support at Bearth

www.beforeandafterthebirth.org

Classes meet on Tuesdays, 9am-11am

Bearth Prenatal/Postpartum Center, 2614 Beaver Ave., Des Moines

(\$5/Class, or \$25 for unlimited classes)

Attachment Parenting International of Central Iowa

515-276-6971

<http://www.attachmentparenting.org>

Holds day and evening support groups on the second and fourth Tuesdays

***Daytime Group:** Fourth Tuesday, 10am, Tifereth Israel Synagogue, 924 Polk Blvd., Des Moines

***Evening Group:** Second Tuesday, 7pm, Village Learning Centre, 733 19th St., Des Moines



This information brought to you by:

**Breastfeeding Coalition
of Polk County**

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The sole purpose of the above resource sheet is to provide information to the community. Breastfeeding Coalition of Polk County is not responsible nor does it endorse any of the above provided resources.