



Goodhue County Breastfeeding Resources

Public Health Nursing Office

- Goodhue County Health and Human Services.....651.385.3200

Services include home visits for pregnancy postpartum and parenting, Follow Along program, car seats, WIC, services to children with special needs, and education regarding prevention of child abuse and domestic violence.

Mayo Clinic Health System—Red Wing Lactation Services

- International Board Certified Lactation Consultants.....651.267.5376

- Jenna Reinhart, RN, IBCLC
- Jolie Berktold, RN, IBCLC

Area Resources

- Goodhue County WIC—Women, Infants & Children Program.....651.385.6120
- Wabasha County WIC—Women, Infants & Children Program.....651.565.5200

WIC is an educational, nutritional program for pregnant and breastfeeding women and for children up to age 5. This helpful program is based on your income and provides you with information about how to eat right while you are pregnant as well as how to provide healthy meals for your growing children. If you qualify for the program, you will receive education and benefits for healthy foods.

- Lake City Area Baby Café.....651.267.5376

(Lake City Library)

- Cannon Falls Area Baby Café.....651.267.5376

(1st English Lutheran Church)

The Baby Cafes are a breastfeeding drop-in group for pregnant and breastfeeding moms, dads, and families.

- Red Wing Beyond Birth Classes.....651.267.5376

(Mayo Clinic Health System—Red Wing)

Staff will address feeding issues, weight checks, skin issues/jaundice, and healing of the umbilical cord and circumcision.

- Prenatal Breast Milk Collection Education Classes.....651.267.5376

(Mayo Clinic Health System—Red Wing)

Learn about colostrum collection and its benefits after you reach 32 weeks gestation.

- La Leche League—Breastfeeding Support Group.....877.452.5324

Offers personalized mother to mother breastfeeding support, information, and education through phone contact and a monthly support group.

- Goodhue Wabasha Pierce County Breastfeeding Coalition.....651.267.5376

- First Choice Clinic.....651.267.4357

Offers an incentivized parenting program, and assistance with necessary material items to care for children from birth to 3 years.

- Live Well Goodhue County.....651.385.3200

Staff is available to provide assistance to organizations and businesses interested in promotion and support of breastfeeding.

Breast Pump Supplies

- Milk Moms.....763.413.0129

Call your insurance provider for more information about coverage and preferred suppliers for breastfeeding supplies and equipment.

