

Resources

Websites



Infant Risk Center Resources
Medication Questions
806-352-2519

Kellymom Parenting &
Breastfeeding



Ready, Set, Baby

YouTube Videos

Attaching Your Baby
at the Breast



Global Health Media



Breastfeeding in the First Hour
Dr. Jane Morton

Paced Bottle Feeding
Milk Mob Media



How to use a Silicone
Breastmilk Collector
Carolyn Honea IBCLC

Got extra breastmilk?

Interested in donating to a baby in need?
Go to TheMilkBank.org to complete
4 easy steps to become a donor.



Approved donors may contact the
Central Missouri Mother's Milk Depot
located at the Cole County Health Department
to drop off milk donations.
573-636-2181 ext. 3116

Breastfeeding Help for Moms

Capital Region Medical Center

Anne Gregg, RN, BSN, IBCLC
Breastfeeding Line 573-632-5333
For Appointments 573-632-5525

Cole County Health Department

WIC Clients Only
Monday – Friday 7:30am – 5:00pm
573-636-2181

Breastfeeding Help Line
Text #colebf to 22300

St. Mary's Hospital

Becky Schwaller, RN, BSN, IBCLC
573-681-3399
Rebecca.Schwaller@ssmhealth.com

Whaley's Pharmacy

Becky Weider, LPN, IBCLC
573-659-0650
beckyw@whaleysrx.com

Covenant Chiropractic & Wellness

Specializing in Tongue & Lip Tie
Renee Davis, IBCLC
573-635-6217

Products & Supplies

Whaley's West Side Pharmacy
Mommy & Me - Before, During & After
573-659-0650

Updated by Cole County Health Department 4/22
This institution is an equal opportunity provider.

Classes & Meetings

Prenatal Breastfeeding Classes

Capital Region Medical Center

1125 Madison Street, Jefferson City
Lori @ 573-632-5366; Lgreen@crmc.org

Cole County Health Department

3400 West Truman Blvd, Jefferson City
Classes for WIC clients offered monthly
573-636-2181

St. Mary's Hospital

2505 Mission Drive, Jefferson City
Register by calling 1-844-SSM-WELL

Nursing Moms Meetings

MotherBaby Café

Cole County Health Department
Meetings monthly for WIC clients.
573-636-2181

Whaley's Pharmacy - West Side (Mommy & Me)

3526 Amazonas Drive, Jefferson City
Watch our Facebook page for
upcoming meetings.
573-659-0650

Growing Babies Mothers' Group

St. Mary's Hospital
Monthly meetings available.
Go to ssmhealth.com/classes-events
for meeting dates and to register.
Call 573-681-3399 for more info.