**Eastern Upper Peninsula Breastfeeding Resources 2022**

**EDUCATION**

* *Chippewa County Health Department (CCHD) breastfeeding classes are free and open to the public. They can be scheduled on the chippewahd.com website. There is an incentive for attending both breastfeeding classes.*
* *The Maternal Infant Health Program (MIHP) educates their clients prenatally and postpartum regarding breastfeeding. Clients must have Medicaid to be on the MIHP program.*
* *WIC can provide education at WIC appointments with the breastfeeding peer counselor or lactation consultant.*
* *The Breastfeeding Peer counselor, Amy Hamilton, is available at WIC appointments, by phone call, text and during scheduled classes. Her number is: 906-748-4015.*
* *The local breastfeeding coalition is Eastern Upper Peninsula Breastfeeding Education and Support Team (B.E.S.T) which has Facebook pages available for education and support: 1) Chippewa County Breastfeeding Education and Support team; 2) BEST group for breastfeeding support. The website for BEST is bestforparentsandbabies.com This coalition also has a Helpline number available day and night, 365 days per year: 906-630-0050*
* *Coffective.com app and handouts are part of the baby friendly hospital initiative providing consistent*

*and up to date breastfeeding information for expectant moms and for family members.*

* *“Goodie bags” given to breastfeeding moms at My Michigan Medical Center Sault OB unit and doctors’ clinics in the area contain the B.E.S.T.Helpline phone number on magnets and breastmilk storage information as well as helpful items like burp cloths and breast pads.*
* **BREAST PUMPS**
* *Sault Tribe dietitians provide hand pumps. They also have multi-user high quality pumps for tribal members that they can use and then return.*
* *Bay Mills Health Center provides pumps to tribal members at no cost. They will need to be returned. They also have hand pumps for moms to keep. There are lactation rooms in the Health Center, one for staff and one for patients near the lobby.*
* *Pumps are available by prescription at Arfstrom’s Pharmacy. Medicaid covers the cost of Medela Pump N Style and Spectra2 pumps. These same pumps are available to those with private insurance as well. Since August, 2019, our local hospital has Motif, Medela and Spectra2 pumps provided by Arfstroms, available for moms that deliver there and can then take them home once their doctor writes a prescription. This service will be available on weekdays and Saturdays only. Otherwise the pumps are also available at Arfstroms pharmacy with a prescription Mon.- Sat.*
* *Pumps obtained through Medicaid (UPHP or fee for service) are free of charge every 5 years. If there is a need for a pump before 5 years has passed, Arfstroms can submit a prior authorization once baby is born and the new pump often can be obtained this way.*
* *B.E.S.T. lactation consultants can offer free use of the Medela Symphony double electric pump for moms NOT on WIC or Medicaid, but who are receiving B.E.S.T. breastfeeding help. It will need to be returned.*
* *Private insurances also provide breast pumps, depending on the individual plan.*
* *WIC provides free hand pumps and free temporary use of double electric breast pumps to WIC clients, depending on level of need. The mother must be on a breastfeeding package through WIC.*
* *Breast pumps can be ordered through the Aeroflow company instead of Arfstrom’s. Ordering can be done online and, depending on insurance, the pump that is chosen by each mom will be shipped. They provide pumps to private insurance and to UPHP Medicaid plan but NOT to fee-for-service Medicaid. Moms have been getting their pump by the third trimester this way. This is an easy to use website:* [www.aeroflowbreastpumps.com](http://www.aeroflowbreastpumps.com)*.*

**ASSISTANCE**

 *\* WIC Breastfeeding Peer Counselor can do consults during weekdays as part of her time in the WIC office or by phone (call or text). She is available to help all those in need of breastfeeding assistance whether they are WIC eligible or not.*

 *\* IBCLC (International Certified Lactation Consultant) is available for WIC clients by phone or clinic visit. There are several community IBCLC’s that can provide private services as well for no charge. BEST Helpline will be the best place to access the info needed for this service. The Helpline is available 24 hours per day, everyday. That number is 906-630-0050.*

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