BREASTFEEDING
For a detailed list of all area breastfeeding resources visit the Capital Area Breastfeeding Coalition website: mibreastfedbaby.com

- Black Breastfeeding Sisterhood  586-806-9832 or 517-420-5421
- Breastfeeding in East Lansing Facebook Support Group
  send email to breastfeedingineastlansing@gmail.com
- Capital Area Baby Café  Facebook: Capital Area Baby Café
- Delta Waverly La Leche League  llldeltawaverly.weebly.com
- East Lansing La Leche League  lalecheeastlansing.com
- Ingham County Health Department, Public Health Nursing (Medicaid eligible clients) 517-887-4322
- Sparrow Breastfeeding Clinic  1-877-717-5437 or 517-364-5860
- WIC Breastfeeding Helpline  (Ingham County) 517-887-4543
- WIC Eaton County  517-541-2630

Websites
- Kelly Mom: Lactation Consultant breastfeeding answer site kellymom.com
- Infant Risk Center: medication and mother’s milk answer hotline  infantrisk.com
- Stanford University School of Medicine, Getting Started with Breastfeeding  newborns.stanford.edu/Breastfeeding
- Breastfeeding Reporter, Nancy Mohrbacher, IBCLC nancymohrbacher.com
- The Breastfeeding Mother’s Guide to Making More Milk makingmoremilk.com

Expectant Parents Organization
517-337-7365  www.epobaby.org

June 2016
**AFTER BABY  (Postpartum and Infant Care)**

- **Postpartum Adjustment and Mood Disorders:**  
  Individual Counseling  
  Kersten Kimmerly, LMSW  517-333-3741  
  Jennifer Novello, LMSY  517-999-9005  
  Dr. Shelley Smithson, Psychologist  517-332-1562  
  Jennifer Chenault, “Warm Line”  517-204-3067  
  Shades of Motherhood: Postpartum Depression Support Group, email: kerstenkimmerly@gmail.com  734-204-3067  
  Postpartum Support International  postpartum.net  
  “Flourishing Families”, Willow Tree Family Center  586-806-WTFC  
  - **Cloth Diapers**  
    Mother Earth & Baby Boutique  motherandearth.com  
    Little Green Branches  littlegreenbranches.com  
    Diapers Unlimited (DyDee Service)  dydeebaby.com  
  - **Infant CPR**  
    American Heart Association  www.heart.org  
    American Red Cross  michiganredcross.org  
    Expectant Parents Organization  epobaby.org  517-337-7365  
  - **Car Seats**  
    Sparrow  Car seat checks by appointment  517-364-3760  
    Seat Check  Locator for car seat checks  seatcheck.org  
    National Highway Traffic Safety Administration  nhtsa.gov  
    Michigan Office of Highway Safety Planning  Michigan.gov/ohsp  
  - **Poison Control 313-745-5711**  Children’s Hospital of MI  
  - **Central Michigan 211—Get/Give Help**  000-000-0211  

**Health Information**

- Centers for Disease Control  cdc.gov  
- American Academy of Pediatrics (AAP)  AAP.org; healthychildren.org  
- Consumer Product Safety Commission  cpsc.gov  
- Parenting Awareness Michigan—Prevention Network  preventionnetwork.org/parenting awareness  

**Groups/Activities**

- **BabyWearing**  
  Mid-Michigan Babywearers  
  facebook.com/groups/midmichiganbabywearers  
  Babywearing International of Lansing  
  facebook.com/groups/BWILansing  
  Lansingbabywearinginternational.org  
- **Boots & Roots—Lansing Hikers**  
  facebook.com/boots.and.roots.hikers  
- **Capital Area Mothers of Multiples Club**  micamomc.webs.com  
- **Hoping**  
  Lansingbablyss.org  
  parent to parent, miscarriage, stillbirth and baby loss support  
- **Willow Tree Family Center**  willowtreefamilycenter.com  

**Services**

- Office for Young Children, Lansing  517-887-4319  
- Ingham County Health Department  hdingham.org  
  517-887-4311  
  Immunizations, Community Health Centers, WIC, Public Health Nursing Home Visiting Programs, Children’s Special Health Care Services  
- Birth Certificates  Michigan Vital Records  vitalcheck.com