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## **Infant Feeding Resources in Duluth**

### **Center for American Indian Resources (CAIR)**

Community Health Services

**Ph: (218) 878-3790, Fax: (218) 279-4120**

221 W 4th St

Duluth, MN 55806

Public health nursing, lactation counselors and board certified lactation consultant available, WIC, Doula Breastfeeding Support Program available.

### **Essentia East – SMMC Breastfeeding Clinic**

**(218) 786-4477**

407 E 3rd St

Duluth, MN 55805

Board certified consultants available 7 days a week, telephone consults, weight checks, latch assistance, pump rental and pump purchase.

*The Lactation Club meets every Tuesday from 1-3 pm at Essentia Lakewalk Clinic, 1502 London Rd, Duluth.*

Prenatal Infant Feeding classes: <https://www.essentiahealth.org/classes-events/>

### **St. Louis County Public Health**

**(218) 725-5210 & WIC (218) 725-5211**

Government Services Center

320 West 2<sup>nd</sup> Street

Duluth, MN 55802

Public health nursing, lactation counselors, WIC, and Peer Breastfeeding Support Program available. *Breastfeeding Group meets the 1<sup>st</sup> and 3<sup>rd</sup> Fridays from 9:30am-10:30a.m.*

### **St. Luke's Hospital**

**(218) 249-5605**

**After Care: 218-249-5983, [aftercare@slhduluth.com](mailto:aftercare@slhduluth.com)**

Birthing Center – After Care

915 E 1st St

Duluth, MN 55805

Lactation Support/Counseling during hospitalization, After Care Clinic, weight checks, latch assistance, telephone consultation.

*Breastfeeding Support Group held monthly 1st & 3rd Wednesdays, 1-3 pm, Aftercare Office.*

Prenatal Infant Feeding classes: <http://www.slhduluth.com/Events-Calendar/Childbirth-Education.aspx>



**St. Luke's Pediatrics Clinic**  
**218-249-7870**  
1012 E. 2<sup>nd</sup> St.  
Duluth, MN 55805

**St. Luke's OB/GYN Clinics**  
**218-249-4700**  
1000 E. 1<sup>st</sup> St.  
Duluth, MN 55805

Essentia Peds  
Essentia OB/GYN Clinic

### *Breast Pumps & Breastfeeding Supplies:*

**Milk Moms**  
**(763) 413-0129**

[www.milkmoms.com](http://www.milkmoms.com)

Authorized dealer of lactation equipment. Medical Assistance & most insurance plans accepted. Hospital grade rentals. 24-hour phone service.

**Lake Superior Medical Equipment**  
**(218) 727-0600**  
522 E. 4<sup>th</sup> St  
Duluth, MN 55805

**Midwest Medical Equipment**  
**(218) 786-4970**  
407 E. 4<sup>th</sup> St  
Duluth, MN 55805

### Recommended Resources

[www.breastfeeding.com](http://www.breastfeeding.com)

[www.askdrsears.com](http://www.askdrsears.com)

[www.la lecheleague.org](http://www.la lecheleague.org)

[ww.bflrc.com](http://ww.bflrc.com)

[www.lowmilksupply.org](http://www.lowmilksupply.org)

[www.kellymom.com](http://www.kellymom.com)

[Download the free mobile Coflective App from the App Store or Google Play](#)

*The Womanly Art of Breastfeeding* by La Leche League International is an excellent resource for any mom wishing to learn more about breastfeeding.

**In Minnesota it's your *right* to breastfeed where and when your baby is hungry.**

“A mother may breast-feed in any location, public or private, where the mother and child are otherwise authorized to be, irrespective of whether the nipple of the mother's breast is uncovered during or incidental to the breast-feeding.” Minnesota Statute 145.905