

Rice County Area

Breastfeeding Information & Support

This list is not all inclusive and will be updated periodically.
To provide updates to this list please contact Rice County Public Health: 507-332-6111

Please note that some of the resources may charge for services. Please call and ask before accessing a service.

Hospitals

Faribault: Allina Health, District One Hospital
Lactation Consultant/Birth Center: (507) 497-3743
Breastfeeding education: (507) 497-3518
Northfield: Northfield Hospital
Lactation Consultant: (507) 646-1216
Birth Center: (507) 646-1205
Breastfeeding education/classes: (507) 646-1534
Owatonna: Allina Health, Owatonna Hospital
Lactation Consultant/Birth Center: (507) 977-2455
Breastfeeding education: (507) 497-3518

Clinics

Your primary care provider is an excellent resource for breastfeeding information

Newborn Support Groups

(With a lactation Counselor/
Consultant present)

Faribault: Baby Stop: (507) 332-6111
Northfield: Baby Talk: (507) 332-6111

WIC

Faribault: (507) 332-5906
Northfield: (507) 645-9576, Ext. 5906

Rice County Public Health

(Family Child Health offers
education, support or home visits)

Faribault: (507) 332-6111/TDD (507) 332-6248
Northfield: (507) 645-9576, ext. 6111

Breast Pump

Contact your insurance provider to determine your benefits.
To obtain a breast pump through Medical Assistance: Your doctor will fax the
prescription for a pump to your insurance company. You will then be able to pick up your
pump at any of the facilities below. Bring your insurance card with you.

Sterling Drug, 700 Division St. S, Northfield (507) 645-4455
Allina Health District One Pharmacy, 200 State Ave, Faribault (507)-497-3792
Allina Health Home Oxygen and Medical Equipment, 1176 East Frontage Road,
Owatonna (507) 451-7469

NEB Doctors of MN can also work with your insurance provider to ship a pump to you.

Web: <https://nebdr.com> Phone: (877) 434-8777 Email: support@nebdr.com

Milk Moms can also work with your insurance provider to ship a pump to you.

Web: <https://www.milkmoms.com> Phone: (763) 259-8824 Email: orders@milkmoms.com

Warm Lines

La Leche League of Minnesota/Mercy Hospital (messages returned within 24 hours) (612) 922-4996
Allina Health Lactation Support Line (messages returned weekdays 9a-4p and weekends 12p-4p) (763) 236-7430

This institution is an equal opportunity provider

Updated: 05/26/2021

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Internet Resources: includes a variety of staff recommended websites for breast/chestfeeding support

- Allina Health: <https://www.allinahealth.org/Health-Conditions-and-Treatments/Health-library/Patient-education/Beginnings/Breastfeeding/>
- Understanding Minnesota's breastfeeding law: <https://www.publichealthlawcenter.org/sites/default/files/resources/Protections-Nursing-Mothers-Sept-2014.pdf>
- Milkology: <https://milkology.org/freebies>
- La Leche League: <https://www.llli.org/>
- Kelly Mom: <https://kellymom.com/>

Social Media: connect with other breast/chestfeeding parents through these local and national accounts

- Breastfeeding Coalition of Dodge, Rice, and Steele Counties: <https://m.facebook.com/Breastfeeding-Coalition-of-Dodge-Rice-and-Steele-Counties-103403211534096/>
- Milky Mamas Breastfeeding Support Group <https://www.facebook.com/groups/mmbfs/>
- The Leaky Boob: https://www.facebook.com/pg/TheLeakyBoob/about/?ref=page_internal