



BREASTFEEDING PARENT HANDOUT

Breast Feeding Resources

The Affordable Care Act requires health plans to cover the cost of breastfeeding support and equipment for nursing moms. Visit <https://www.medelabreastfeedingus.com> to find out. Or [call your insurance provider](#). The number should be on the back of your insurance card.

Questions you may consider asking, when preparing for breastfeeding. *See questions "you may ask when you are expecting" page*.

Expressly for You – Baptist Health-- Every new mom deserves breastfeeding support. Expressly For You at Baptist Health is Arkansas' breastfeeding place for the advice and products needed to get breastfeeding off to a good start. Visit their website for more free information:

<https://www.baptist-health.com/womens/breastfeeding-education-products>.

9500 Kanis Road, 2nd Floor, Little Rock, AR 72205

(501) 202-7378

Monday-Friday, 8:30 am-5 pm

UAMS- Breastfeeding Classes-- In this class, participants learn the advantages of breastfeeding and the proper techniques for initiating breast-feeding, holding a baby while breastfeeding, pumping the breasts for milk, and storing breast milk.

Pre-registration is required, visit: [Online Registrations](#)

<https://uamshealth.com/patientsandguests/patienteducation/allclasses/babyclasses/classregistration/> or call **(501) 686-8084**, Course Fee: **FREE!** Class is offered once a month from 5:00 to 7:00 p.m.

Arkansas Department of Health—WIC

Find your local WIC Clinic through the website: <http://www.healthy.arkansas.gov/local-health-units>. [WIC provides FREE breast pumps, Breastfeeding Peer Counseling and access to trained lactation consultants.](#)

Arkansas Department of Health WIC Breastfeeding Help Line: **1-800-445-6175**

La Leche League of Arkansas-- an international, nonprofit, nonsectarian organization dedicated to providing education, information, support and encouragement to mothers who want to breastfeed. All mothers interested in breastfeeding are welcome to attend the monthly Group Meetings or to call a Leader for breastfeeding help. The following is a list of volunteers per AR county and the time/date and location of monthly support meetings. * Leaders also have text.

Updated 1/17/2018

Please note that this document is a summary of community resources and this information is ever changing, this resource is not the final authority on the resources available, only a starting point



Please consider texting first and mentioning your issue and a good time to call you back. Leaders also have voicemail and do their best to return calls within 24 hours.

Boone County

Uriel – (479) 426-2372* or
uriel_harp@hotmail.com

Leslie – (405) 255-2906* or
daisycanchaser@yahoo.com

Conway

Jordan – (501) 908-4933 or
jordanbittle@yahoo.com

Fayetteville

Cherry: (479) 366-0997* or
jcvandine@gmail.com

Fort Smith

Kim – (479) 410-4360 or
piersonkim@yahoo.com

Hot Springs

Barbara - (501) 623-2618

Little Rock

Sunday - Monday: Kathryn,
kathrynahyde@gmail.com or (501) 804-
3862*

Tuesday: Heather, llhhenry@gmail.com or
(816) 506-0527*

Wednesday: Meredith, (501) 230-8542*

Thursday - Friday: Kathryn,
kathrynahyde@gmail.com or (501) 804-
3862*

Saturday: Meredith, (501) 230-8542*

Rogers

Tawny: (479) 268-0568* or
lll.tawnymullikin@yahoo.com

Jordan: (479) 301-6060* or
jrockphotog@gmail.com

Searcy

Catrina – (501) 827-7186* or
cjmendoza1407@gmail.com

Brenna – (501) 593-7749* or
BrennaKtucker@gmail.com

April – (501) 827-0323*

Mona Lee – (501) 268-7623

Stuttgart

Heather - llhhenry@gmail.com or (816)
506-0527*