

GREATER OMAHA COMMUNITY BREASTFEEDING RESOURCES

FIND SUPPORT TO REACH YOUR BREASTFEEDING GOALS



Professional Lactation Support



Breastfeeding Supplies



Breastfeeding Support Groups



Breast Pump Rentals



Tele-lactation



Milk Depot



Breastfeeding Classes

Breastfeeding Resources (Health Systems)	Phone Number	Contact Information	Types of Services Offered
CHI Health Bergan Mercy Immanuel Lakeside Mercy (Council Bluffs)	(402) 398-6095 (402) 572-3868 (402) 717-8216 (712) 325-2525	chihealth.com	
Children's Nebraska (Lactation Support Only Available to Parents of Admitted Patients)	(402) 955-6152	lactation@childrensnebraska.org	
Methodist Jennie Edmundson Hospital (Council Bluffs)	(712) 396-7017	bestcare.org/specialties/lactation MJE.WomensServices@nmhs.org	
Methodist Women's Hospital	(402) 815-1528	bestcare.org/specialties/lactation lactationconsultants@nmhs.org	
Nebraska Medicine	(402) 552-3487	nebraskamed.com	

Breastfeeding Resources from Nebraska Extension: food.unl.edu/care-breastfeeding-mothers

Nebraska Breastfeeding Coalition: nebreastfeeding.org

Advocate Resources from the Nebraska Breastfeeding Coalition: nebreastfeeding.org/news-events/resources/for-breastfeeding-advocates.html

Parent Resources from the Nebraska Breastfeeding Coalition: nebreastfeeding.org/news-events/resources/for-parents.html

Know your Breastfeeding Rights: aclunbraska.org/sites/default/files/field_documents/breastfeeding_qa_update_final_8-1-19.pdf

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This resource was developed by Children's Nebraska, CHI Health, and Nebraska Extension. It was adapted from the WIC DCHD document "Community Prenatal & Breastfeeding Resources."

WIC Lactation Support
































































Call (402) 444-1770 for inquiries.

For more information about WIC Location visit:

 tinyurl.com/WIC-Lactation

For a complete list of WIC locations, visit Douglas/Sarpy County WIC:

 tinyurl.com/WIC-Locations-Douglas-County

Breastfeeding Resources (Community-based)	Phone Number	Contact Information	Types of Services Offered
Essential Breastfeeding Support	(402) 383-1746 (call/text)	 essentialbreastfeedingsupport.com  contact@essentialbreastfeedingsupport.com	 
Happy Mama Healthy Baby	(402) 740-2646	 Happymamahealthybaby.co (not .com)  therese.dansby@gmail.com  happy.mama.healthy.baby  Milk & Motherhood	  
Ideal Lactation Solutions LLC	(402) 982-0050 (call/text)	 idealactationsolutions.com  ansschuchardt.com  idealactation@gmail.com   LactationPro	  
Malone Maternal Wellness	(402) 522-6384 (call/text)	 malonecenter.org/maternal-wellness	 
Midwest Milk LLC	(402) 212-1784	 midwestmilk.net  nicole.shoemaker@midwestmilk.net	  
MilkWorks	(402) 502-0617	 milkworks.org  omaha@milkworks.org  MilkWorks  MilkWorks_	      
Nurture Omaha	(402) 915-1559 (text preferred)	 nurtureomaha.com  nurtureomaha@gmail.com  Nurture Omaha  nurtureomaha	     
TenderTouch Lactation Services	(531) 329-0604 (call/text)	 tendertouchlactation.services  tendertouchlactation.com  support@tendertouchlactation.services    Tender Touch Lactation Services	    
Touch of Gold	(402) 686-7468 (call/text)	 touchofgoldcare.org  stephanie@touchofgoldcare.org	