



Breastfeeding Coalition of Polk County

Breastfeed Today for a Healthy Tomorrow

A Resource Guide for Breastfeeding Families in the Des Moines Area

Breastfeeding Support Groups

Hospital Based Support Groups

Broadlawns Medical Center

Mommy Matters: Breastfeeding Support Group

1st and 3rd Mondays, 4:30 – 6:00 pm

Medical Plaza, First Floor Conference Room

1761 Hickman Rd, Des Moines, IA 50314

515-282-2260

Mercy Medical Center

Mommy & Me

2nd & 4th Tuesday, 11 am-12pm

East Tower Conference Center

515-358-2082

www.mercydesmoines.org

Unity Point Health- Des Moines

Breastfeeding Support Groups

515-241-6570

<https://www.unitypoint.org/desmoines/services-lactation-services.aspx>

- Iowa Lutheran Hospital
 - Beyond Birth: Wednesdays from 10 am – Noon in Conference Room 1
 - Wednesdays, 1-2 pm in Conference Room 1
- Methodist West Hospital
 - Wednesdays, 6-7 pm in Maternity Center Conference Room
- Unity Point Clinic – Pediatrics – Ankeny
 - Thursdays from 6-7 pm at 909 SW Oralabor Rd, Ankeny

Additional Support Groups

Bellies, Babies & Beyond

Breastfeeding & Postpartum Support Group

Third Friday of every month, 10:00 - 11:30am

Balance Chiropractic & Wellness

6611 University Ave, Ste 103, Windsor Heights, IA

515-210-1868

Healing Passages Birth & Wellness Center

Mother Baby Café

515-266-6712

Mondays 9:30-11:30 am

Wednesdays 6-8 pm

Thursdays 1-3 pm

www.healingpassages.org

La Leche League of Des Moines

See Facebook group for meeting and support information: La Leche League of Des Moines

515-557-0119

<https://www.lliowa.org/>

WIC

Breastfeeding Support Group

River Plaza WIC Office

2300 Euclid Ave, Des Moines, IA

515-282-5800

Call for date & time

Individual Breastfeeding Assistance

Basking Babies, LLC

Angela Swieter, RN, BSN, IBCLC, ICD, ICCE, ICPD
Jenny Wood, BS, LLL Leader, IBCLC

Private practice, in home or office consultations
515-210-1868

www.basking-babies.com

Mercy Medical Center

Outpatient Lactation Consultations
515-358-2082

<http://www.mercydesmoines.org/women&infants/lactation-consultants>

*Insurance billed, possible co-pay

Primary Health Care

Caitlin Hainley, DNP, ARNP-CNM, BA, IBCLC
3509 E 29th St, Des Moines, IA 50317
515-248-1600

* Accept all insurance (& Medicaid) & no insurance

UCS Healthcare

LeeAnn Albright, FNP-C, IBCLC
4908 Franklin Ave, Des Moines, IA 50310
515-280-3860

* In network with all insurance (& Medicaid)

Unity Point Health Des Moines

Lactation Services- Outpatient Visits
515-241-6570

<https://www.unitypoint.org/desmoines/services-lactation-services.aspx>

* Free

Unity Point Midwife Services

Emily Walden, CNM, IBCLC, MS.Ed
3714 Ingersoll Ave, Des Moines, IA
515-309-6011

* Accept insurance (& Medicaid)

National Breastfeeding Helpline

1-800-994-9662

Breastfeeding peer counselors can answer common breastfeeding questions ranging from latching to pumping.

Other Services

Every Step (formerly Visiting Nurse Services)

515-558-9591

www.everystep.org

WIC (Women, Infants & Children)

515-282-5800 (Polk & Dallas County)

Breastfeeding support, Breastfeeding Peer Counselors,
Breast pumps for eligible WIC clients

Young Women's Resource Center

515-244-4901

www.ywrc.com

Parenting Groups

Attachment Parenting of Central Iowa

515-276-6971

www.attachmentparenting.org

Before & After Birth

www.beforeandafterbirth.org

Online Resources

www.iabreastfeeding.org

www.kellymom.com

www.infantrisk.com

www.womenshealth.gov/breastfeeding

www.breastfeedingusa.org

www.la lecheleague.org

<https://med.stanford.edu/newborns/professional-education/breastfeeding.html>

<https://www.naturalbreastfeeding.com/>

The sole purpose of this resource sheet is to provide information to the community. Breastfeeding Coalition of Polk County is not responsible nor does it endorse any of the resources.

