Online Resources
Missouri Breastfeeding Coalition
mobreastfeeding.org

United States Breastfeeding Committee
usbreastfeeding.org

Mothers Milk: The Breastfeeding Connection
mothersmilkthebreastfeedingconnection.com

Missouri Department of Health
health.mo.gov/living/families/babies/breastfeeding/index.php

U.S. Department of Health and Human Services on Women’s Health
womenshealth.gov/breastfeeding

Other Community Resources for Expectant and New Moms
LifeChoices*
Parenting Classes
417.624.8030
lifechoices4states.org

ACCESS Family Care
Medical and dental clinic
Anderson: 417.845.8300
Cassville: 417.847.0057
Joplin: 417.659.9100
Neosho: 417.451.4447

Economic Security Corporation
Women’s health and family planning clinic
Joplin: 417.781.4788
Neosho: 417.451.2206

Early Head Start
Federally funded, community-based program for low-income families with infants and toddlers, and pregnant women
Barton County: 417.681.0451
Jasper County:
  Carthage - 417.358.7644
  North Joplin, Main Street - 417.206.3629
  South Joplin, Richard Joseph Boulevard - 417.781.1179
McDonald County: 417.845.8971
Newton County: 417.451.5507
Breastfeeding is Best

Breastfeeding offers many benefits beyond better nutrition for your baby. Research shows breast-fed babies have a much lower risk of stomach viruses, lower respiratory illnesses, ear infections, and meningitis. Breastfeeding for at least six months provides the most protection.

In addition to offering optimal nutrition and protection against some illnesses, studies also indicate breast-fed babies tend to have fewer allergic reactions, improved cognitive development, and lower risk of obesity than formula-fed babies.

Breastfeeding Coalition of Southwest Missouri
Breastfeeding Coalition of Southwest Missouri focuses on creating a community environment that supports breastfeeding mothers. This brochure provides contact information about community resources available to assist mothers who choose to breastfeed. For more information, please contact swmobreastfeeding@gmail.com.

Prenatal and/or Breastfeeding Classes
The following hospitals provide prenatal and/or breastfeeding classes for expectant mothers. For more information, contact the hospital you have chosen to deliver your baby.

Freeman Health System
417.347.1067
freemanmoms.com

Mercy Hospital Joplin
417.781.2727
mercy.net

Mercy McCune-Brooks
417.359.2600
mercy.net

Women, Infants, and Children (WIC)
WIC provides breastfeeding counseling, support, and classes for those who qualify for the WIC program. Contact the WIC office in your community for more information.

Barry County
417.847.2114
barrycountyhealth.org

Barton County
417.682.3363
bchdhealth.com

Joplin
417.623.1928
joplinmo.org

McDonald County
417.223.4351
mcdonaldcountyhealth.com

Newton County
417.451.3743
newtoncountyhealth.org

Breastfeeding Support Groups
Local WIC offices offer breastfeeding support groups, which are open to the community. You do not need to qualify for the WIC program to attend. Call the WIC office in your area for more information.

Newton County Health Department and Barry County Health Department offer online support through Facebook. Visit facebook.com and search Newton County M&M’s Breastfeeding or Barry County Breastfeeding Support Group.

Certified Lactation Consultants
Certified lactation consultants are experts in lactation and breastfeeding care. They provide care in a variety of settings and offer appropriate referrals to other health professionals and community support resources.

To find a certified lactation consultant in your area, visit americas.iblce.org/ibclc-registry or contact:

Barry County WIC – 417.847.2114
Freeman Health System – 417.347.1067
Joplin WIC – 417.623.1928
Mercy Hospital Joplin – 417.781.2727
Newton County WIC – 417.451.3743