

ALGER PEDIATRICS BREASTFEEDING SUPPORT AND RESOURCES

Below, please find some resources for breastfeeding support. Please contact our office at 616-243-9515 with any questions or concerns - our doctors and nurses are always happy to help. Thank you!

ALGER PEDIATRICS

Our in-office lactation consultant Randi Mikesell, IBCLC is dedicated to supporting and guiding families on their breastfeeding journey. Her approach is tailored to meet families where they are and ensure that they feel seen and heard.

ABOUT THE PRACTICE:

In-office, 1-hour visits with lactation consultant on Mondays and Wednesdays by appointment. To make an appointment, please contact the office and ask to speak with scheduling.

CONTACT INFORMATION:

Address: 733 Alger St. SE, Grand Rapids, MI 49507

Phone number: 616-243-9515

Fax number: 616-243-1815

Website: <https://www.algerpediatrics.com>

BABY BELOVED

At Baby Beloved, Kelly Wysocki-Emery, MSN, RN, IBCLC and her team of lactation consultants provide inclusive care and support families by helping them find an enjoyable way to feed their babies, no matter where they are in their breastfeeding journey.

ABOUT THE PRACTICE:

Offers home, virtual, or office visits.
Accepts most insurances, and offers significant discount for Medicaid patients.
Free, easy, covered parking available at the office.

CONTACT INFORMATION:

Address: 233 Fulton St. E #114E, Grand Rapids, MI 49503

Phone number: 616-485-6757

Email: kelly@babybelovedinc.com

Website: <https://www.babybelovedinc.com>

HOLLAND HOSPITAL BREASTFEEDING CONNECTION GROUP

Holland Hospital offers support and education for nursing mothers. Meet with board certified lactation consultants to help ensure successful breastfeeding for you and your baby.

ABOUT THE GROUP:

Meets Thursdays from 1-2:30 pm in the Holland Hospital conference rooms.
No registration required; drop-ins welcome.
No fees.

CONTACT INFORMATION:

Address: 602 Michigan Ave. Holland, MI 49423

Phone number: 616-394-3269

Event flyer: https://www.hollandhospital.org/sites/default/files/downloads/breastfeeding_connection_en_0.pdf

H.U.G.S. BREASTFEEDING SUPPORT GROUP

H.U.G.S. (Helping Us Grow Strong) is a weekly support group for pregnant and breastfeeding women of color guided by lactation coaches and parent peers. Mothers will enjoy educational activities and receive supplies to help achieve breastfeeding success.

ABOUT THE GROUP:

Meets Wednesdays from 12:30-2:00 pm at City Life Church.
Walk-ins welcome.
Offers limited transportation and limited childcare.

CONTACT INFORMATION:

Address: 574 S. Division Ave. Grand Rapids, MI 49503
Phone number: 616-391-3940
Event flyer: <https://www.strongbeginningskent.org/Portals/0/18-1017%20HUGS%20Breastfeeding%20Cafe%20Working%20Doc.pdf>

METRO HEALTH BREASTFEEDING SUPPORT GROUP

This breastfeeding group welcomes all moms and babies to come together. The group is designed to help moms gain confidence in breastfeeding through friendship and encouragement while receiving support from a certified lactation consultant.

ABOUT THE GROUP:

Meets every other Thursday from 1-2:30 pm at UM Health - West Hospital.
Registration required.
Free program.

CONTACT INFORMATION:

Address: 5900 Byron Center Ave. SW Wyoming, MI 49519
Phone number: 616-252-7894
Event sign-up calendar: <https://uofmhealthwest.org/about/classes-events>

SPECTRUM HEALTH BREASTFEEDING SUPPORT SERVICES

Spectrum Health offers multiple breastfeeding support services, such as breastfeeding classes, virtual and in-person appointments with a lactation consultant, various support groups, and a warm line for phone questions where parents can speak directly to a lactation consultant and schedule an appointment if necessary.

ABOUT THE SERVICES:

Spectrum participates with most insurance plans.
Offers virtual and office visits.
Offers opportunity to speak directly to lactation consultant via phone - no appointment required.

CONTACT INFORMATION:

Warm line number: 616-391-9437
Group/class sign-up number: 616-391-5000
Website: <https://www.spectrumhealth.org/services/womens/breastfeeding-support>

[HTTPS://WWW.ACCESSKENT.COM/HEALTH/WIC/BREASTFEEDING.HTM](https://www.accesskent.com/health/wic/breastfeeding.htm)

Provides breastfeeding education and support. Includes access to a warm line that allows the caller to speak with a member of the Lactation Support Team (comprised of certified consultants, specialists, dieticians, and nurses).

[HTTPS://BABYFRIENDLYUSA.ORG/FOR-PARENTS/RESOURCES-FOR-PARENTS](https://babyfriendlyusa.org/for-parents/resources-for-parents)

Provides links to various breastfeeding resources, including articles, infographics, etc.

[HTTPS://FEDISBEST.ORG/RESOURCES-FOR-PARENTS](https://fedisbest.org/resources-for-parents)

Provides educational resources to support parents in best feeding their newborn.

[HTTPS://IBCONLINE.CA/INFORMATION-SHEETS](https://ibconline.ca/information-sheets)

Provides information sheets on a wide variety of topics from world-renowned pediatrician and breastfeeding expert Dr. Jack Newman.

[HTTPS://LLLI.ORG/BREASTFEEDING-INFO](https://llli.org/breastfeeding-info)

Includes information and articles on a variety of topics pertaining to breastfed children, and offers the option to contact a local leader/group in your area with additional questions you may have.

[HTTPS://WICBREASTFEEDING.FNS.USDA.GOV](https://wicbreastfeeding.fns.usda.gov)

Learn about the different stages of breastfeeding and address common breastfeeding questions/challenges.

ALGER PEDIATRICS FORMULA FEEDING SUPPORT AND RESOURCES

Below, please find some resources for formula feeding support. Please contact our office at 616-243-9515 with any questions or concerns - our doctors and nurses are always happy to help. Thank you!

[HTTPS://WWW.ALGERPEDIATRICS.COM](https://www.algerpediatrics.com)

Our office always has various samples of formula available. Please speak to your doctor or a nurse if you are interested in taking any formula samples.

[HTTPS://WWW.CDC.GOV/NUTRITION/INFANTANDTODDLERNUTRITION/FORMULA-FEEDING/INDEX.HTML](https://www.cdc.gov/nutrition/infantandtoddlernutrition/formula-feeding/index.html)

Provides information and charts about choosing, preparing, and feeding infant formula.

[HTTPS://ENFAMIL.COM/BABY-FORMULA-COUPONS-SAMPLES](https://enfamil.com/baby-formula-coupons-samples)

Provides access to Enfamil coupons and samples.

[HTTPS://FEDISBEST.ORG/RESOURCES-FOR-PARENTS](https://fedisbest.org/resources-for-parents)

Provides educational resources to support parents in best feeding their newborn.

[HTTPS://WWW.SIMILAC.COM/FORMULA-COUPONS-FREE-SAMPLES.HTML](https://www.similac.com/formula-coupons-free-samples.html)

Provides access to Similac coupons and samples.

[HTTPS://WWW.MICHIGAN.GOV/MDHHS/ASSISTANCE-PROGRAMS/WIC/FORMULA-INFORMATION-FOR-WIC-CLIENTS](https://www.michigan.gov/mdhhs/assistance-programs/wic/formula-information-for-wic-clients)

Shares formula information for WIC clients.