






Montana Breastfeeding Resources




Lactation Resources for your Montana Community

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Montana State Breastfeeding Coalition
 Resources on lactation support, trainings, scholarships, local coalitions, advocacy & more. www.mtbreastfeedingcoalition.com


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Montana WIC Program
 Community WIC Programs offering breastfeeding nutrition, lactation counseling, classes & pumps in your area. <https://dphhs.mt.gov/publichealth/wic>
Phone: 800-433-4298

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MT Nutrition & Physical Activity Program
 Information on worksite lactation accommodations, Baby-Friendly hospitals, rural breastfeeding support & perinatal provider trainings. <https://dphhs.mt.gov/publichealth/NAPA>
Phone: 406-542-7070

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ZipMilk MT Lactation Directory
 Find local lactation support & breastfeeding classes in your Montana community by zip-code. <https://www.zipmilk.org/states/montana>


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Mothers' Milk Bank of Montana
 Collects, screens, pasteurizes & distributes human donor milk to infants who do not have access to their own mother's milk. <http://mothersmilkbankofmt.org>
Phone: 406-531-6789

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Montana La Leche League
 Dedicated to providing support, encouragement, information & education to women who want to breastfeed. <https://www.llli.org/la-leche-league-montana/>

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Montana Breastfeeding Laws
 An overview of federal and statewide public & workplace breastfeeding protection legislation. <https://www.mtbreastfeedingcoalition.com/laws.html>

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MT Mother-Friendly Worksites
 Resources for Montana employees & employers on providing lactation accommodations at workplace. <https://dphhs.mt.gov/publichealth/napa/motherfriendlyworksites>
Phone: 406-542-7070

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National Breastfeeding Helpline
 Breastfeeding peer counselors can answer common breastfeeding questions & walk you through challenges. <https://www.womenshealth.gov/breastfeeding>
Phone: 406-542-7070

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Healthy Mothers, Healthy Babies MT
 Resources on perinatal mental health, safe sleep & breastfeeding. <https://hmhb-mt.org>

★ **Breastfeeding & COVID 19 Resources** <https://www.cdc.gov/breastfeeding/>

Local Breastfeeding Coalitions / Support Groups



- Billings - www.facebook.com/billingsbreastfeedingcoalition
- Bitterroot - www.bitterrootbreastfeedingcoalition.org
- Flathead - flatheadvalleybreastfeeding.weebly.com
- Gallatin - www.gallatinbreastfeedingcoalition.org
- Great Falls - echargois@cascadecountymt.gov
- Helena - helenalaleche@gmail.com
kidshungercoalition@gmail.com
- Missoula - www.missoulabreastfeedingcoalition.org
- Sanders County - Virtual Baby-Bistro - <https://www.facebook.com/groups/376628472737550/>
- MT Tongue-tie support group - <https://www.facebook.com/groups/677754742261876/>

contact montanabreastfeeds@gmail.com to add your organization to this list



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