



## Quad Cities Breastfeeding Resources

Name	Contact Information	Support Offered	Classes Offered?	Cost
Quad Cities Breastfeeding Coalition	<a href="https://www.qcbreastfeeding.org/">https://www.qcbreastfeeding.org/</a>	The Quad Cities Breastfeeding Coalition consists of professionals, community members, and organizations who are dedicated to supporting breastfeeding.	N/A	
EveryChild: The Doula Program	524 15th Street Moline, IL 61265 309-736-7170 childabuseqc.org <a href="mailto:tinag@foreverychild.org">tinag@foreverychild.org</a>	Doulas provide prenatal & postnatal education and labor/delivery support for expectant families with focus on attachment & bonding.	The Doula Team also hosts a free prenatal education/support group up to three times per year. Offer classes on Tuesday mornings at Pregnancy Resources Moline.	Free; income guidelines apply. Scott and Rock Island County only.
Chocolate Milk Café	Virtual (Quad Cities) Register at: <a href="http://www.chocolatemilkcafe.com/desmoines">www.chocolatemilkcafe.com/desmoines</a>	Community-led space that supports breastfeeding and providing human milk to infants through systemic change, education, peer-to-peer support, and community outreach for Black families in Iowa.	Group meet via zoom 1 <sup>st</sup> Thursday at 7-8:30pm	Free
Family Connects and Bright Beginnings with Genesis VNA	Home visiting/Virtual 563-421-5070 scottcountykids.org/programs/bright-beginnings/ <a href="mailto:weetst@genesishhealth.com">weetst@genesishhealth.com</a>	Family Connects nurses are all Certified Lactation Specialists certified.	N/A	Free; income guidelines apply.
Genesis Birth Center-Lactation Consultants	1227 E. Rusholme Street Davenport, IA 52803 563-421-7768	Phone consultations available.	Prenatal Zoom Classes once a month \$10 (register online) and Support Group via Zoom 1st and 3rd Wednesday at 10am	Classes \$10 per couple. Phone consultations and support group are free.
Genesis Breastfeeding Support Group	1227 E. Rusholme Street Davenport, IA 52803 563-421-7768  Alder room 1 (basement of Heart Institute near bathrooms)	In-person support group. 1st and 3 <sup>rd</sup> Wednesday of each month. 10am-11am  *Scale is available to use		
Hilary Shaw (Rock Island County WIC Program)	2112 25th Ave. Rock Island, IL 563-327-2078	Provides breastfeeding education and support. Can provide breast pumps.	One-on-one assistance available.	Free; income guidelines apply. Illinois residents only.
Infant Risk Center(IRC)	1-806-352-2519 infantrisk.com	IRC is a world-wide call center to help evaluate the risk to the infant from exposure to medications while mom is breastfeeding.	N/A	Free
La Leche League of the Quad Cities	Virtual 563-484-4101 <a href="http://www.LLLi.org">www.LLLi.org</a> <a href="mailto:LLLofttheQC@gmail.com">LLLofttheQC@gmail.com</a>	Monthly meetings. Free phone consultations.	Virtual meetings held the last Monday of each month at 7pm.	Free





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Lutheran Services in Iowa (Parent Pals)	111 W. 15th St. Davenport, IA 52803 1-855-236-9725 bemypal.org <a href="mailto:bemypal@LSIowa.org">bemypal@LSIowa.org</a>	All home visiting staff have lactation training.	N/A	Free; income guidelines apply.	
MercyOne Clinton Lactation	563-244-3750- Amber IBCLC				
Milk Bank of Iowa	1-319-384-9930 <a href="https://uichildrens.org/mothers-milk-bank-iowa">https://uichildrens.org/mothers-milk-bank-iowa</a> <a href="mailto:baudhuin@healthcare.uiowa.edu">baudhuin@healthcare.uiowa.edu</a>	Accepts donated breastmilk. Donors must pass pre-screening. Donor human milk is accessible for infants in the hospital and at home from the Mother's Milk Bank of Iowa. E	N/A	Prescription that includes medical indication is required for milk recipients. \$15/100 mL bottle-insurances may do help with cost.	
Mother's Milk Bank of the Western Great Lakes (Illinois)	847-262-5134 Rock Island County Health Department	Community Health Care - Moline WIC Office 1106 4th Avenue Moline, IL 61265	Rock Island County Health Department and Moline WIC accept donated breastmilk. Donors must pass pre-screening.	To order breastmilk fill out form at <a href="http://www.milkbankwgl.org">http://www.milkbankwgl.org</a> . Insurance may cover costs. \$36/8oz. bottle. More information call: 1-847-262-5134	
Scott County Health Department	600 W. 4th Street, Davenport, IA 52801 563-328-4114 <a href="http://scottcountyiowa.gov/health">scottcountyiowa.gov/health</a> <a href="mailto:health@scottcountyiowa.gov">health@scottcountyiowa.gov</a>	Pregnant and new moms can receive a broad range of services provided by a Registered Nurse including lactation support and education. Also provides connections to community resources.	Virtual classes are offered. In-person lactation class is offered at Pregnancy Resources-Davenport the 3rd Wednesday of each month at 11:30 am	Free; income guidelines apply. Iowa residents only.	
Scott County Women, Infants, and Children Program (WIC)	500 W. River Drive Davenport, IA 52801	1510 E. Rusholme Street Davenport, IA 52803 563-336-3000 <a href="http://chcqca.org/wic-page">chcqca.org/wic-page</a>	Provides breastfeeding education and support. Can provide breast pumps.	Lactation classes are offered the first Monday of the month. Currently offered virtually.	Free; income guidelines apply. Iowa residents only.
UnityPoint-Trinity Lactation Consultants	4500 Utica Ridge Road Bettendorf, IA 52722 309-779-2692	Can provide outpatient in-person assistance or advice over the phone.	Breastfeeding Pt. 1: 2nd Tuesday of each month at 6:30pm Breastfeeding Pt. 2: 3rd Tuesday of each month at 6:30pm	Phone consultations-free. In-person assessments are for UnityPoint patients-free. May bill insurance.	

### Independent IBCLCs for in-home consults

Name	Contact Information	Cost
Natalie Hessel	309-631-6035 qclactation.com <a href="mailto:nhessell@yahoo.com">nhessell@yahoo.com</a>	Will provide superbill for client to submit to insurance.





# Quad Cities Breastfeeding Resources

## Tongue and Lip-tie Resources

Name	Contact Information	Support Offered	Cost
Arctic Dental	2023 Cedar Plaza Dr. Muscatine, IA 52761 563-227-8777 arcticdental.com <a href="mailto:smile@arcticdental.com">smile@arcticdental.com</a>	Offers laser lip and tongue tie revisions. Prefers referral, but not necessary.	Accepts private insurance and Iowa Medicaid only.
Cornerstone Dentistry	2305 Jersey Ridge Rd. Davenport, IA 52803 563-888-5620 midwestcornerstone.com	Offers laser lip and tongue tie revisions.	Private insurance may cover lip and tongue tie revision. Does not accept Medicaid.
Dr. James Paul	3385 Dexter Court, Suite 115 Davenport, IA 52807 563-359-4777	Offers lip and tongue tie revision. Need pediatrician referral.	Accepts private insurance and Iowa Medicaid only. Need pediatrician referral.
Pediatric Dentistry	4530 12th Ave. Moline, IL 61265 309-797-3887 quadcitiespediatricdentist.com	Offers laser lip and tongue tie revisions.	Accepts private insurance. Does not accept Medicaid.