

## **Breast Pumps**

Please contact your insurance provider to identify any breastfeeding-related benefits you may have

### **Rental**

#### **Bittings Pharmacy Medical Equipment and Supplies**

(352) 732-3666

619 SE 17th St. Ocala, FL 34471

### **Distribution**

#### **WIC (Women, Infant and Children)**

Only WIC clients can receive WIC pumps

#### **Healthy Start**

Healthy Start clients are eligible to receive breast pumps when not covered by insurance

### **For purchase**

Select retailers sell breast pumps for personal use



## **Did You Know?**

Florida law guarantees moms the right to breastfeed their babies in any location, public or private (F.S. 383.015 (1993))

383.015 Breastfeeding.—The breastfeeding of a baby is an important and basic act of nurture which must be encouraged in the interests of maternal and child health and family values, and in furtherance of this goal:

(1) A mother may breastfeed her baby in any location, public or private, where the mother is otherwise authorized to be, irrespective of whether the nipple of the mother's breast is uncovered during or incidental to the breastfeeding.

(2) A facility lawfully providing maternity services or newborn infant care may use the designation "baby-friendly" if it establishes a breastfeeding policy in accordance with s. 383.016.

Effective March 23, 2010, the Patient Protection and Affordable Care Act amended the FLSA to require employers to provide a nursing mother reasonable break time to express breast milk after the birth of her child. The amendment also requires that employers provide a place for an employee to express breast milk.

Section 7 of the Fair Labor Standards Act of 1938 (29 U.S.C. 207) is amended by adding at the end the following:

(1) An employer shall provide a reasonable break time for an employee to express breast milk for her nursing child for 1 year after the child's birth each time such employee has need to express the milk; and a place, other than a bathroom, that is shielded from view and free from intrusion from coworkers and the public, which may be used by an employee to express breast milk.

(2) An employer shall not be required to compensate an employee receiving reasonable break time under paragraph (1) for any work time spent for such purpose.

(3) An employer that employs less than 50 employees shall not be subject to the requirements of this subsection, if such requirements would impose an undue hardship by causing the employer significant difficulty or expense when considered in relation to the size, financial resources, nature, or structure of the employer's business.

(4) Nothing in this subsection shall preempt a State law that provides greater protections to employees than the protections provided for under this subsection.



Florida Department of Health in Marion County  
1801 SE 32nd Ave, Ocala, FL 34471  
352-629-0137 • [Marion.FloridaHealth.gov](http://Marion.FloridaHealth.gov)



# **Breastfeeding Resources for Marion County Mothers**

A resource guide for  
mothers who would like to  
breastfeed their children



Brought to you by the  
Florida Department of Health  
in Marion County

## Department of Health

### **Healthy Start**

(352) 644-2717

Provides breastfeeding education and support to all pregnant women, women between pregnancies, infants and children up to age 3

### **WIC (Women, Infants and Children)**

WIC clients are eligible for WIC services

Ocala – (352) 622-1161

1801 SE 32nd Ave

Client hours: 7:15-4pm, M-Fr

Building hours: 8am-5pm

Bellevue – (352) 347-1302

7055 SE 110th St. Rd.

Hours: 8am-5pm, M, W, Th, Fr

CLOSED on Tu

Reddick – (352) 878-3001

4500 NW 152nd Lane

Client hours: 8am-3:30pm on Tu ONLY

Building hours: 8am-5pm

## Birth Center

### **Amy Reynolds, LM, IBCLC**

(352) 286-7681

IBCLC provides breastfeeding phone support

### **Loving Arms and Birth Wellness Center**

(352) 612-0657

Provides breastfeeding support and referrals to current clients

## Donating breastmilk

### **Mother's Milk Bank of Florida**

(407) 248-5050

8669 Commodity Circle, Suite 490, Orlando, FL 32819

[milkbankofflorida.org](http://milkbankofflorida.org)

## Hospital

### **AdventHealth Ocala**

(352) 351-7200, hospital main line

1500 Southwest 1st Ave, Ocala FL 34471

- Call 352-671-2164 for breastfeeding warmline. Please allow 24 hours for a follow up call
- Breastfeeding classes offered online

### **UF Health Women's Center, Gainesville**

(352) 265-0095

1549 Gale Lemerand Dr, 4th Floor,

Gainesville, FL 32610

- Baby Friendly
- IBCLCs (International Board-Certified Lactation Consultants) on staff
- Register for breastfeeding classes offered twice monthly via Zoom using link: [ufhealth.org/events/breastfeeding-class](http://ufhealth.org/events/breastfeeding-class)

## Private Practice Lactation Consultants

### **Bonding with Baby Lactation, LLC**

(352) 897-0375

In home prenatal and postpartum breastfeeding education/consultation provided by an IBCLC

## Local Support Groups

### **La Leche League of Marion County**

[illflorida.com/lalecheleague/groups/ill-of-marion-county](http://illflorida.com/lalecheleague/groups/ill-of-marion-county)

Monthly online meetings, telephone support and breastfeeding education

### **WIC (Women, Infants and Children)**

(352) 622-1161

Mom & Baby Club

10-11am, First Wednesday of the month

1801 SW 32nd Ave, Ocala FL 34471



## Website Resources/Help Lines

### **Florida Breastfeeding Coalition**

- [flbreastfeeding.org](http://flbreastfeeding.org)

### **Kelly Mom**

- [kellymom.com](http://kellymom.com)

### **March of Dimes**

- [marchofdimes.org/baby/breastfeeding-your-baby.aspx](http://marchofdimes.org/baby/breastfeeding-your-baby.aspx)

### **LactMed®**

- [ncbi.nlm.nih.gov/books/NBK501922](http://ncbi.nlm.nih.gov/books/NBK501922)
- Prescription & natural drug database with safety information for breastfeeding women

### **La Leche League**

- [lila.org](http://lila.org)

### **Text4baby**

- [text4baby.org](http://text4baby.org)
- Free text messages about mom and baby health during pregnancy

### **Office on Women's Health**

- [womenshealth.gov/breastfeeding](http://womenshealth.gov/breastfeeding)
- Helpline: 1-800-994-9662 (English, En Español) 9am-6pm ET, Monday-Friday (closed federal holidays)

### **Postpartum Support International**

- [postpartum.net](http://postpartum.net)
- Postpartum depression & perinatal mood disorders education and online support groups
- Helpline: 1-800-944-4773 (English, En Español)