

BREASTFEEDING HELP AND RESOURCES

Polk and Hardee Counties

Free Breastfeeding Resources for WIC Clients

Resource	Contact	Additional Information
Breast pumps	863-519-7542 – option 5	No cost - Clients must be active/qualify
Prenatal and Breastfeeding Classes Breastfeeding Support Classes	863-519-7542 – option 5	Call with breastfeeding questions
Peer Counselors (Bilingual)	863-289-4067 – Lakeland Central, Auburndale 863-255-2718 – Lakeland North, Bartow 863-255-2758 – Lake Wales, Wauchula, Auburndale 863-255-2604 – Haines City	English, Tagalog English, Spanish English, Spanish English, Spanish
Advent Health Milk Depot	407-248-5050	Breastmilk donation

Breastfeeding Classes and Support Services

Resource	Contact	Additional Information
United Way (New Parents Support Group)	Register online: Children's Resource Center - United Way of Central Florida (uwcf.org)	No cost 863-648-1500 ext. 294 Every Friday 9-9:45 a.m.
Lakeland Regional Health Medical Center Breastfeeding Prep Class	Register online In-Person Breastfeeding Prep Class Tickets, Multiple Dates Eventbrite	No cost
Advent Health Hospital – Online Classes	Register online The Baby Place Academy AdventHealth for Women	\$70 407-303-7650 Mon-Fri 8-5 pm
The Nest Lakeland	Register online Breastfeeding Basics (TheNestLakeland.org)	\$40 863-578-8633 Mon–Thurs, 9-4 p.m.
	Free weigh-in Clinic	No cost Register online
Lakeland Midwifery Care	Register online Home birth and hospital birth at Lakeland Regional Medical Center — Lakeland Midwifery Care	Cost; call for pricing 863-683-4663
Watson Clinic	Call for information	Cost; call for pricing 863-904-6238 Mon-Fri, 8-5 p.m.
Lakeside Pediatrics	Call for information	Cost; call for pricing 863-688-3550 Mon-Fri 8-5 p.m.

Community Resources | Hospital Breastfeeding Resources | Pump Rentals

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WIC	863-519-7542 – option 5	No cost - Clients must be active/qualify
Lori's Gift inside of Lakeland Regional Health Medical Center Ameda Platinum Pump	863-687-1100 extension 361404	\$105/month
The Nest of Lakeland Ameda Platinum	863-578-8633	\$80/ biweekly and \$120 /month
Winter Haven Women's Hospital Medela Symphony Pump	863-294-7068	\$30, plus tax/week, \$75, plus tax/month, and \$29.44, plus tax per kit for Medela Symphony

Breastfeeding Support Helplines

Resource	Contact	Additional Information
WIC	863-519-7542 – option 5	No cost - Clients must be active/qualify
Lakeland Regional Health Medical Center	863-284-1685	No cost
Winter Haven Women's Hospital	863-294-7068	No cost
Advent Health Hospital	407-303-7650	No cost