



WMMC's New Main Entrance

Obstetrics Unit and Stork's Nest
(conveniently located on the second floor inside WMMC's Main Entrance)

Our new Labor and Delivery Unit features:

- Large, modern, private post-partum rooms
- Room-in for baby
- Dedicated C-Section Suite
- Beautiful Labor/Delivery Rooms
- Lactation Consultant
- Stellar Nursing Staff



A sneak peek into one of our innovative labor and delivery rooms.

WMMC Educational Opportunities

BREASTFEEDING CLASS:

Meets first Tuesday of every other month
(Jan/Mar/May/Jul/Sep/Nov)
Call Christine Lichte (660) 262-7519

CHILD BIRTHING CLASS:

Meets first and second
Wednesday of every month
Call Christine Lichte at (660) 262-7519

CPR – ADULT & PEDIATRIC:

Call WMMC Education Department
at (660) 262-7470

INFANT CARE CLASS:

Meets third Thursday of every other month
(Jan/Mar/May/Jul/Sep/Nov)
Call Christine Lichte at (660) 262-7519

403 Burkarth
Warrensburg, MO 64093
(660) 429-2228

WMMC.com



*This institution is an equal opportunity
provider and employer.*

Breastfeeding Resources



*Providing answers to your
breastfeeding questions, one-on-one
education, support groups
and breastfeeding supplies.*



BREASTFEEDING RESOURCES

Our Lactation Specialist



Christine Lichte, IBCLC, Board Certified Lactation Consultant, is our on-staff breastfeeding specialist who offers one-on-one counseling to help moms understand the fundamentals of lactation,

while learning to feed their new babies. Christine is trained to help mothers and babies with several issues, including latching difficulties, painful nursing, low milk production or inadequate weight gain.

Services available:

- Help with breastfeeding by phone
- One-on-one help with breastfeeding outpatient consultation

Christine Lichte, IBCLC

WMMC Stork's Nest: (660) 262-7519

Monday – Friday; 9:00 am – 2:00 pm

Supplies available:

- Breast pumps for sale or rent
- Breast pump parts and accessories
- Maternity/nursing bras
- Boppy pillows and slip covers

Area Resources

Women Infant and Children program (WIC)

WIC clients:

- Breastfeeding assistance via phone
- One-on-one breastfeeding assistance
- Breast pumps

Non-WIC clients:

- Breastfeeding assistance via phone

Tammie Crabtree, IBCLC

Tricia Fleming, IBCLC

Johnson County WIC Office: (660) 747-2012

Mary Lou Shane, IBCLC

Pettis County WIC Office: (660) 827-4599

Breastfeeding Drop-In Center Available

Allison Norwood, IBCLC: (660) 747-2294

- Breastfeeding assistance via phone
- Evenings and weekends

Pat Sturges, IBCLC: (660) 221-5602

- Breastfeeding assistance via phone

*Redcross Pharmacy (Warrensburg)

(660) 747-9171

*Heartland Medical Supply (Marshall)

(800) 332-1463

*Be sure to contact your insurance for details about breast pump coverage. *If "Durable Medical Equipment (DME) Company" is required, these resources may be able to help.*

Local Support Groups

WAFB/Johnson County

Breastfeeding Support Group (meets monthly)

Brianna Kovach: (412) 736-5828

Mae Hertig: (660) 687-4589

- Find them on Facebook ("Whiteman AFB Breastfeeding Support Group")
- Open to military and non-military
- Babies welcome

La Leche League of Sedalia (meets monthly)

Pat Sturges, LLL Leader, IBCLC

(660) 221-5602

- Support group meets monthly
- Find them on Facebook ("La Leche League of Sedalia")
- Babies welcome

Other Resources

National Breastfeeding Helpline

(800) 994-9662

Monday – Friday; 8:00 am – 5:00 pm

Trained breastfeeding peer counselors

Dr. Thomas Hale's Infant Risk Center

Medication Questions

(806) 352-2519

Monday – Friday; 8:00 am – 5:00 pm

For more information, please call Christine Lichte, IBCLC, at (660) 262-7519 or visit **WMMC.com**.