

Lactation Support Providers in Iowa

Lactation professionals across Iowa can provide breastfeeding support outside of a clinic or hospital setting. There are varying levels of credentials for lactation professionals and the scope of practice varies.

- ▶ **International Board-Certified Lactation Consultant (IBCLCs):** This is the highest lactation credential that requires 95 hours of education and a minimum of 500 supervised practice hours before passing a written exam. IBCLCs can provide the most comprehensive care.
- ▶ **Certified Lactation Specialists (CLS):** Individuals with a CLS credential have completed 45 hours of education and passed a written exam. There are no supervised practice hours required. A CLS can provide individual breastfeeding support, though some complex cases may be out of their scope. If a breastfeeding concern is outside of a CLS's practice scope, they can direct you to an IBCLC for further care.

Lactation professionals offer varying breastfeeding support services. Ask your lactation professional about the following services:

- ▶ **Prenatal Lactation Consultations:** An opportunity to meet with a lactation consultant before birth to learn more about breastfeeding and establish a plan to give you the best start possible.
- ▶ **Postnatal Lactation Consultations:** An opportunity to meet with a lactation consultant to discuss any breastfeeding problems that you may be experiencing. Lactation consultants will use their wealth of knowledge and experience to meet the individual needs of each breastfeeding mom and baby.
- ▶ **In-Home and Office Visits:** Many private practice lactation consultants offer both in-home visits as well as at a central office location. Be sure to ask your lactation consultant about their visit locations.
- ▶ **Insurance Coverage:** Private insurance may cover your visit with a lactation consultant. Check with your insurance provider and your lactation consultant to see if their services might be covered.

Some providers listed below offer home visits in the counties under 'Areas Served'. However, families from any county can travel to the provider to receive services. If you don't see a lactation professional listed in your area, please refer to the [HHS Breastfeeding Database](#) for additional resources.

Northwest Iowa

Counties: Buena Vista, Carroll, Cherokee, Clay, Crawford, Dickinson, Emmet, Ida, Lyon, Monona, O'Brien, Osceola, Palo Alto, Plymouth, Pocahontas, Sac, Sioux, Woodbury

Credentials	Organization Name	Phone	Email	Website	Areas Served
IBCLC: L-87922	Maternal Connections	712-299-1939	tracynbj3@gmail.com	---	Buena Vista, Cherokee, Ida, Sac, Woodbury
IBCLC: L-303228	The Milk Bar Lactation	---	Milkbarlactation@gmail.com	The Milk Bar Lactation Northwest Iowa Birth Nurse	Lyon, O'Brien, Plymouth, Sioux, Woodbury

North Iowa

Counties: Butler, Cerro Gordo, Floyd, Franklin, Hancock, Humboldt, Kossuth, Mitchell, Winnebago, Worth, Wright

Credentials	Organization Name	Phone	Email	Website	Areas Served
IBCLC: L-37489	Applaud Breastfeeding Services LLC	515-210-1868	Lactationlady@live.com	Applaud-Breastfeeding.com - Home	Black Hawk, Butler, Cerro Gordo, Hardin, Marshall, Story, Webster, Wright

Northeast Iowa

Counties: Allamakee, Benton, Black Hawk, Bremer, Buchanan, Chickasaw, Clayton, Delaware, Dubuque, Fayette, Howard, Jackson, Jones, Tama, Winneshiek

Credentials	Organization Name	Phone	Email	Website	Areas Served
IBCLC: L-37489	Applaud Breastfeeding Services LLC	515-210-1868	Lactationlady@live.com	Applaud-Breastfeeding.com - Home	Black Hawk, Butler, Cerro Gordo, Hardin, Marshall, Story, Webster, Wright
IBCLC: L-157877	Brave Breastfeeding, LLC	608-330-3399	bfranzen@lagrant.net	Lactation Consultant - Brave Breastfeeding	Clayton, Delaware, Dubuque, Jackson, Jones
IBCLC: L-42449	Naturally Nourished Lactation	641-425-2676	Naturallynourished@live.com	Naturally Nourished Lactation and Childbirth Services - naturally nourished lactation services	Benton, Iowa, Johnson, Linn

Central Iowa

Counties: Adair, Boone, Calhoun, Dallas, Greene, Grundy, Guthrie, Hamilton, Hardin, Jasper, Madison, Mahaska, Marion, Marshall, Polk, Story, Tama, Webster, Warren

Credentials	Organization Name	Phone	Email	Website	Areas Served
IBCLC: L-37489	Applaud Breastfeeding Services LLC	515-210-1868	Lactationlady@live.com	Applaud-Breastfeeding.com - Home	Black Hawk, Butler, Cerro Gordo, Hardin, Marshall, Story, Webster, Wright
IBCLC: L-107970	Basking Babies, LLC	515-779-9886	---	BASKING BABIES, LLC, BREASTFEEDING INFORMATION - HOME	Polk
Certified Nurse Midwife; IBCLC: L-308213	Blossom Optimal Health	515-890-5885	Info@blossomoptimalhhealth.com	Blossomoptimalhealth.com	Adair, Boone, Clarke, Dallas, Decatur, Greene, Hamilton, Jasper, Lucas, Mahaska, Marion, Marshall, Polk, Story, Warren, Webster
IBCLCs (multiple on staff)	Des Moines Midwife Collective	515-349-0750	Info@midwifedesmoines.com	www.midwifedesmoines.com	Primarily Central Iowa
IBCLC: L-300869	Latch	---	Crystel@latchia.com	IBCLC Latchia Lactation consultant	Dallas, Madison, Polk
Certified Lactation Specialist	Sweet Milk & Oats	515-509-2116	connect@ruralblackdoula.co	Sweet Milk & Oats Rural Black Doula	Boone, Dallas, Jasper, Madison, Marshall, Marion, Story, Warren,

Southwest Iowa

Counties: Adams, Audubon, Cass, Fremont, Harrison, Mills, Montgomery, Page, Pottawattamie, Shelby, Taylor

South Iowa

Counties: Appanoose, Clarke, Decatur, Lucas, Monroe, Ringgold, Wayne, Union

Credentials	Organization Name	Phone	Email	Website	Areas Served
Certified Nurse Midwife; IBCLC: L-308213	Blossom Optimal Health	515-890-5885	Info@blossomoptimalhhealth.com	Blossomoptimalhealth.com	Adair, Boone, Clarke, Dallas, Decatur, Greene, Hamilton, Jasper, Lucas, Mahaska, Marion, Marshall, Polk, Story, Warren, Webster

Southeast Iowa

Counties: Cedar, Clinton, Davis, Des Moines, Henry, Iowa, Jefferson, Johnson, Keokuk, Lee, Louisa, Linn, Muscatine, Poweshiek, Scott, Wapello, Washington

Credentials	Organization Name	Phone	Email	Website	Areas Served
IBCLC: L-42449	Naturally Nourished Lactation	641-425-2676	Naturallynourished@live.com	Naturally Nourished Lactation and Childbirth Services - naturally nourished lactation services	Benton, Iowa, Johnson, Poweshiek, Washington,
IBCLC: L-37247	New Life Lactation & Health Coaching LLC	928-699-7830	Lorabethalbert@gmail.com	New Life Lactation Get support with breastfeeding and pumping from an IBCLC	Des Moines, Johnson, Linn, Washington,