

Breastfeeding Help/Questions:

DURING PREGNANCY SUPPORT

- Green County Public Health or WIC Program (608)328-9390
- Monroe Clinic Pediatrics (608)324-2648

A Breastfeeding Class and Child Birth Education Class is offered at Monroe Clinic

For more information :
(608)324-2000

- Stephenson County Health Department or WIC Program IL (815)235-8360

AT HOME/RETURNING TO WORK SUPPORT

- Green County Public Health or WIC (608)328-9390
- Monroe Clinic Pediatrics (608)324-2648
- Stephenson County Health Department IL Family Connects (815)599-8421
- Breast Friends Moms Support Group on Facebook <https://www.facebook.com/groups/474828959682430/>

RESOURCES

Coffective.com
Womenshealth.gov/breastfeeding
Marchofdimes.org/baby
Cdc.gov/breastfeeding

WELL BADGER RESOURCE CENTER:
Provides information and links to services for pregnant women and children

(800)642-7837
wellbadger.org

Created by:

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Green County Public Health
Prevent. Promote. Protect.



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**BREASTFEEDING
GUIDE:**
Tips and Support
for Mom and her Family

Why should I breastfeed?

BREASTMILK:

- Has all the nutrients your baby needs to grow and be healthy
- Is easy for baby to digest
- Protects your baby from illness
- Is always ready and free of cost

BREASTFEEDING IS GOOD FOR MOM TOO:

- Helps your body recover faster
- Helps you relax and feel closer to your baby

Before baby's arrival:

- Share your plan to breastfeed with your partner, family, friends, and healthcare provider
- Connect with other moms who have breastfed
- Attend a breastfeeding class
- Have a plan for who can help with household tasks when you bring baby home
- Talk with your employer that you plan to breastfeed and find out where you can pump at work
- If you plan to return to work or school or be away for long periods of time, check with your insurance company to see if breast pumps are covered

At the hospital:

- Voice your desire to breastfeed with hospital staff
- Hold your baby skin-to-skin frequently
- Breastfeed within the first hour after birth
- Ask for lactation help from your nurse
- Keep baby by your bedside to bond and learn his/her hunger cues
- Breastfeed when your baby first shows signs of hunger cues, expect feedings every 1-2 hours day and night
- Remember that colostrum (the first milk your breast produces) is baby's first milk which is not large in volume, but is enough to fill your baby's marble-sized tummy

At home:

- Breastfeed on demand, plan that your baby will eat at least 8-12 times per day so try to rest when your baby is sleeping
- By breastfeeding often, your supply will meet the needs of your baby
- Keep in mind that crying is normal for every baby and doesn't always mean a baby is hungry
- If nothing seems to calm your baby, place him/her in a safe place and walk away for a few minutes, checking on your baby often

Breastfeeding in public:

Mothers have the right to breastfeed in public.

For more information on laws in your state visit: www.ncsl.org/research/health/breastfeeding-state-laws.aspx

Return to work:

- Learn about pumping, storing, thawing, and warming breastmilk
- Before returning to work, practice your breastfeeding routine for a few days to transition with ease
- Return to work during the middle to end of the week to make the change easier
- Make sure your childcare provider knows how to handle pumped breastmilk

Break Time for Nursing Mothers under the Fair Labor Standards Act

For information on laws in your state visit: www.ncsl.org/research/health/breastfeeding-state-laws.aspx

U.S. Dept. of Labor's Wage and Hour Division

To File a Complaint, call 1-866-487-9243 visit:

www.dol.gov/whd/nursingmothers/

