

## Breastfeeding Help/Questions:

### During pregnancy support

- Green County Public Health or WIC Program:  
608-328-9390
- SSM Health Monroe Clinic Medical Group  
Pediatrics: 608-324-2648  
A Breastfeeding Class and Child Birth Education  
Class is offered at SSM Health Monroe.  
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
- SSM Health Monroe Clinic Medical Group  
Pediatrics: 608-324-2648
- Stephenson County Health Department  
IL Family Connects 815-599-8421
- Breast Friends Moms Support Group on Facebook  
[facebook.com/groups/474828959682430/](https://www.facebook.com/groups/474828959682430/)

### Resources

- [coffective.com](https://coffective.com)
- [womenshealth.gov/breastfeeding](https://womenshealth.gov/breastfeeding)
- [marchofdimes.org/baby](https://marchofdimes.org/baby)
- [cdc.gov/breastfeeding](https://cdc.gov/breastfeeding)

### Well Badger Resource Center:

Provides information and links to services for  
pregnant women and children: 800-642-7837  
[wellbadger.org](https://wellbadger.org)



## Breastfeeding guide

Tips and support  
for mom and  
her family.



# Why should I breastfeed?

## Breast milk

- 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 health care 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

## 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: [ncsl.org/research/health/breastfeedingstate-laws.aspx](https://www.ncsl.org/research/health/breastfeedingstate-laws.aspx)

## Return to work

- Learn about pumping, storing, thawing, and warming breast milk
- 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 breast milk

## Break time for nursing mothers under the Fair Labor Standards Act

For information on laws in your state visit: [ncsl.org/research/health/breastfeedingstate-laws.aspx](https://www.ncsl.org/research/health/breastfeedingstate-laws.aspx)

U.S. Dept. of Labor's Wage and Hour Division:  
To file a complaint, call **866-487-9243**  
visit: [dol.gov/whd/nursingmothers](https://www.dol.gov/whd/nursingmothers)