

## Breastfeeding Apps



**pumpspotting** provides a network of support from fellow parents & lactation consultants, PINs of breastfeeding-friendly places, and more.

**FREE with access code: Waukesha02**



This app offers education, videos and support for pregnant and breastfeeding moms.



**Connect by PSI** offers a variety of mental health resources to those in the postpartum period. Support, education and trainings provided.



**Baby Daybook** offers tracking for breastfeeding, pumping, diaper changes, sleeping, medications, bathing and more.

## Helpful Websites

[Kellymom.com](http://Kellymom.com)

[Wicbreastfeeding.fns.usda.gov](http://Wicbreastfeeding.fns.usda.gov)

[Lalecheleague.org](http://Lalecheleague.org)

[Womenshealth.gov/breastfeeding](http://Womenshealth.gov/breastfeeding)

[Womenshealth.gov/its-only-natural](http://Womenshealth.gov/its-only-natural)

[Secretsofbabybehavior.com](http://Secretsofbabybehavior.com)

[Babygooroo.com](http://Babygooroo.com)

[Biologicalnurturing.com](http://Biologicalnurturing.com)

[Breastmilkcounts.com](http://Breastmilkcounts.com)

[Zipmilk.org](http://Zipmilk.org)



Follow the [Waukesha County Breastfeeding Coalition Facebook page](#).

## Build Your Team

The first few days of breastfeeding are a learning experience for both you and your baby. Make sure to surround yourself with good support, ask a lot of questions while you are in the hospital, and make sure you have breastfeeding support for when you return home. This list contains resources for you to get breastfeeding off to a good start, and gives you someone to turn to when questions and concerns arise. Be patient, and rest assured that breastfeeding becomes easier with time and practice.



## Know Your Rights State Statute 253.16

In Wisconsin, mothers have a right to breastfeed. A mother may breastfeed her child in any public or private location where the mother and child are otherwise authorized to be. In such a location, no person may prohibit a mother from breastfeeding her child, direct a mother to move to another location to breastfeed her child, direct a mother to cover her child or breast while breastfeeding, or otherwise restrict a mother from breastfeeding.

Break time for nursing mothers:

<https://tinyurl.com/breastfeeding-rights>



Waukesha  
County  
BreastFeeding  
Coalition

## WCBFC Resource Guide: Breastfeeding Support for Families



*Created & Distributed by:*

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514 Riverview Ave. | Waukesha, WI 53188

**Phone:** 262-896-8430

**Website:** [waukeshacountybreastfeedingcoalition.com](http://waukeshacountybreastfeedingcoalition.com)

**E-mail:** [wcbfcoalition@gmail.com](mailto:wcbfcoalition@gmail.com)

**Facebook:** [Waukesha County Breastfeeding Coalition](#)

## How to ensure baby is getting enough breast milk

- Hold baby skin-to-skin after birth and let baby breastfeed naturally.
- Have your care team show you how to make latching easier.
- Feed as soon as you notice baby is hungry. Watch for feeding cues such as:
  - Stirring/awakening
  - Mouth opening/sticking tongue out
  - Rooting toward the breast
  - Hand to mouth activity
  - Crying is late sign of hunger. Calm your baby first, then feed.
- Breastfeed your baby at least 8-12 times every 24 hours.
- Wake baby to feed if he/she is sleeping more than 3 hours.
- You will see or hear baby swallow while breastfeeding.
- Visit baby's health provider in 2 to 3 days.
- Baby will have 5-6 wet diapers in 24 hours.
- Watch for 3 poops per day after day 3.
- Your breasts will feel full before feeding and soft after feeding.
- Your baby has times of being awake, active and alert.
- Baby regains birth weight by day 10-14, and gains an additional 7 ounces per week (or 1 ounce per day) thereafter.
- Ask for support from your family, friends and health care team!





## When to Ask for Help

Call if you have a breastfeeding question or concern such as ...

- *Am I making enough milk?*
- *It seems like my baby is hungry all the time!*
- *I have sore nipples or breastfeeding hurts.*
- *How do I prepare to return to work and keep breastfeeding?*
- *How and where can I get a breast pump?*
- *I'm worried that baby is not getting enough breast milk.*

## Who to Call

### Healthcare Agency Breastfeeding Support Services

**Ascension SE Wisconsin Hospital—  
Elmbrook Campus**  
**262-785-2372**

- Breastfeeding support services
- Breastfeeding class
- Breastfeeding support group

**Aurora Medical Center Summit**  
**262-434-4660**  
**262-434-2229 (Class Registration)**

- Breastfeeding support services
- Breastfeeding class
- Breastfeeding support group

**Aurora Women's Pavilion— West Allis**  
**414-328-6234**

**414-328-7788 (Class registration  
or use web: [aurora.org/events](http://aurora.org/events))**

- Breastfeeding support services
- Breastfeeding class
- Breastfeeding support group

**Children's Hospital of Wisconsin— Milwaukee**  
**414-266-1757**

- Breastfeeding support services

### Healthcare Agency Breastfeeding Support Services *cont.*

**Froedtert Town Hall Health Clinic in  
Menomonee Falls**

**262-257-5057 (Lactation services)**  
**414-777-7700 (Class Registration)**  
*-Breastfeeding class online*

**Froedtert Hospital Milwaukee**

**414-805-3995 (Lactation services)**  
**414-805-4777 (Return to work and  
breastfeeding classes )**  
**414-805-3995 (Monthly support group)**

**Lake Country Pediatrics, S.C.**  
**262-569-7100 (Oconomowoc)**  
**262-646-2282 (Delafield)**  
*-Breastfeeding support services*



**ProHealth Hispanic Health Resource Center**  
**262-928-4181**

- Breastfeeding support services

**ProHealth**

**Oconomowoc Memorial Hospital**  
**Waukesha Memorial Hospital**  
**262-928-7650**

- Breastfeeding support services
- Breastfeeding class
- Breastfeeding support group

### Helplines

**African American Breastfeeding Network**  
**414-207-6728**  
**[www.aabnetwork.org](http://www.aabnetwork.org)**

**National Breastfeeding Helpline**  
**1-800-994-9662**

*-Monday – Friday from 8 AM to 5 PM*  
**[www.womenshealth.gov](http://www.womenshealth.gov)**

**National Maternal Mental Health Hotline**  
**1-833-852-6262 (call or text)**  
*-24 hours a day/7 days a week*

### Community Breastfeeding Support Services

**Harmony Lactation Center**  
**403 N Grand View Ave Suite 101**  
**Waukesha, WI 53186**  
**[www.harmonylactationcenter.com](http://www.harmonylactationcenter.com)**

- *Offering individualized prenatal care planning*
- *Lactation support for families (in-person and virtual options)*

**La Leche League of Wisconsin—  
Brookfield/Elm Grove Group**  
**262-853-6267 | [motisbarmar@yahoo.com](mailto:motisbarmar@yahoo.com) (Marcia)**  
**414-940-1697 (Lynn)**  
**[www.lllofwi.org](http://www.lllofwi.org)**

**Latched Lake Country**  
**300 Cottonwood Ave, Ste 9**  
**Hartland | 262-204-7574**  
**[www.latchedlakecountry.com](http://www.latchedlakecountry.com)**

- *In-home, in-office, and virtual breastfeeding support available*
- *Weekly breastfeeding support group*
- *Breastfeeding basics class*

**Waukesha County Public Health Division**  
**262-896-8430**  
**[waukeshacounty.gov/PublicHealth](http://waukeshacounty.gov/PublicHealth)**  
**[hhs@waukeshacounty.gov](mailto:hhs@waukeshacounty.gov)**

- Breastfeeding Support Program*
- Healthy Pregnancy Program*
- Child Health & Parenting Program*

**Waukesha County WIC (\*WIC participants only)**  
**262-896-8440**  
**[waukeshacounty.gov/WIC](http://waukeshacounty.gov/WIC)**  
**[WICcares@waukeshacounty.gov](mailto:WICcares@waukeshacounty.gov)**  
*-Breastfeeding support & counseling services*  
*-Breastfeeding peer counselors*

***We're happy to assist you on your  
breastfeeding journey!***



## Where Can I Get A Breast Pump Prescription Filled?

**Neb Medical Services, West Allis**  
*\*Accepts T-19 and all Medicaid/Badgercare HMOs (Health Maintenance Organizations)*  
**Phone: 414-258-9503 Fax: 800-357-9185**  
Pump brand: Medela

**Dee's Medical Supplies, Milwaukee**  
*\*Accepts T-19 and Medicaid/Badgercare HMOs: CCHP, Community Connect, Managed Health Services \*\*NOT accepted: I-Care, Molina*  
**Phone: 414-760-9422 Fax: 888-342-1587**  
Pump brand: Medela

**EdgePark Home Medical Supplies**  
*\*Accepts most Medicaid/Badgercare HMOs*  
**[www.edgepark.com](http://www.edgepark.com)**  
**Phone: 855-504-2099**  
Pump brands: Medela, Ameda, Spectra

## Milk Banks



**Mothers' Milk Bank  
of the Western Great Lakes**  
The milk bank provides pasteurized donor human milk to premature and ill babies.  
**E-mail: [info@milkbankwgl.org](mailto:info@milkbankwgl.org)**  
**Phone: 847-262-5134**  
**Website: [www.milkbankwgl.org](http://www.milkbankwgl.org)**

**Wisco Location**  
**E-mail: [hello@wiscolactation.com](mailto:hello@wiscolactation.com)**  
**Phone: 414-928-1323**  
**Website: [www.wiscolactation.com](http://www.wiscolactation.com)**



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