

## Breastfeeding Apps



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



**Text4baby** sends free text messages designed to keep you and your baby healthy.



**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)

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

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

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

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

[Breastfeedinginc.ca](http://Breastfeedinginc.ca)

[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.

Rev: 7/2021

## Waukesha County Breastfeeding Support for Moms & Babies



Waukesha  
County  
BreastFeeding  
Coalition

Created & Distributed by:

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## 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 on 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 see or hear baby swallow while breastfeeding.
- Visit baby's health provider in 2 to 3 days.
- They will have 5-6 wet diapers in 24 hours.
- Watch for 3 poops per day after day 3.
- Your breasts feel full before feeding and soft after feeding.
- Your baby has times of being awake, active and alert.
- Baby has regained birth weight by day 10-14, and gains an additional 6 ounces per week 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)

- 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 Menomonee Falls Hospital**  
262-257-5030 (Lactation services)  
262-257-5057 (24/7 Lactation line)  
414-805-3666 (Class Registration)

- Breastfeeding support services
- Breastfeeding class online and in person
- Breastfeeding support group
- 24/7 breastfeeding support

**Froedtert Hospital**  
414-508-3945 (Class Registration) |

- Breastfeeding support services
- Breastfeeding class
- Breastfeeding 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

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

## Community Breastfeeding Support Services

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

**Waukesha County Public Health Division**  
262-896-8430

waukeshacounty.gov/PublicHealth  
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  
WICcares@waukeshacounty.gov  
-Breastfeeding support & counseling services  
-Breastfeeding peer counselors



## Helplines

**African American Breastfeeding Network**  
414-617-3441  
www.aabnetwork.org

**National Breastfeeding Helpline**  
1-800-944-9962  
www.womenshealth.gov  
-Monday – Friday from 9 AM to 6 PM



## 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) 258-9504 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  
Phone: (855) 504-2099  
Pump brands: Medela, Ameda, Spectra

## Milk Bank/Share



**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  
Phone: (224) 286-4551  
Website: www.milkbankwgl.org

**Southeast WI Milk Share**  
This all-volunteer collaboration facilitates milk sharing.  
E-mail: southeastmilkshare@gmail.com  
Website: www.southeastmilkshare.com



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