

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.



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)

[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>

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Waukesha
County
BreastFeeding
Coalition

WCBFC Resource Guide: Breastfeeding Support for Families



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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 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)

- 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

262-257-5040 (Lactation services)

262-257-5057 (Lactation services)

414-777-7700 (Class Registration)

- Breastfeeding class online and in person

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



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

414-207-6728

www.aabnetwork.org

National Breastfeeding Helpline

1-800-994-9662

- Monday – Friday from 8 AM to 5 PM

www.womenshealth.gov

National Maternal Mental Health Hotline

1-833-852-6262 (call or text)

- 24 hours a day/7 days a week

mchb.hrsa.gov/national-maternal-mental-health-hotline

*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

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

Phone: 847-262-5134

Website: www.milkbankwgl.org

Wisco Location

E-mail: hello@wiscolactation.com

Phone: 414-928-1323

Website: www.wiscolactation.com



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