

## When to Ask for Help

Call a Lactation Consultant 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?

## How to Ensure Baby is Getting Enough Breastmilk



Breastfeed your baby at least 8-12 times every 24 hours.

They will have at least 5-6 wet diapers in 24 hours. Watch for 3 poops per day after day 3.

Feed as soon as you notice baby is hungry. Watch for hunger cues:

- Stirring/awakening
- Mouth opening/sticking tongue out
- Rooting toward the breast
- Hand to mouth activity
- Crying is a late sign of hunger. Calm your baby first, then feed.

Baby has regained birth weight by day 10-14, and gains an additional 6 ounces per week thereafter.

You see or hear baby suck and swallow while breastfeeding.

Your baby has times of being awake, active and alert.

## Milk Bank/Share

### Mothers' Milk Bank of the Western Great Lakes

The milk bank provides pasteurized donor human milk to premature and ill babies.

Phone: 224-286-4551

Website: [www.milkbankwgl.org](http://www.milkbankwgl.org)

### Southeast WI Milk Share

This all-volunteer collaboration facilitates milk sharing.

Website: [www.southeastmilkshare.com](http://www.southeastmilkshare.com)

## Mothers have a right to breastfeed

If someone asks you to leave a public place when breastfeeding, you may explain that the law protects the right of the mother to stay where she is to breastfeed.

### Wisconsin State Statute 253.165

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 the 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.

## Dodge County

# Breastfeeding Support and Resources



Protecting, Promoting, and Supporting Breastfeeding

## Jefferson-Dodge Counties Breastfeeding Coalition

*Breastfeeding = A Healthier Community*



Like us on facebook  
[@JeffersonDodgeCountiesWIBreastfeedingCoalition](https://www.facebook.com/JeffersonDodgeCountiesWIBreastfeedingCoalition)

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## Area Breastfeeding Support

### Marshfield Medical Center- Beaver Dam

707 S University Avenue, Beaver Dam  
(920) 887-7181  
<https://www.bdch.com/beaver-dam-womens-health>

#### **Birth Center & Lactation Consultant**

920-887-4007

#### **Breastfeeding and Childbirth Classes**

Call for more details

### SSM Health Waupun Memorial Hospital

620 W Brown Street, Waupun  
**Birth Center & Lactation Consultant**  
920-324-6527

### Watertown Regional Medical Center - Watertown

125 Hospital Drive (920) 261-4210  
[www.watertownregional.com](http://www.watertownregional.com)

**Birth Center** 920-262-4267

#### **Breastfeeding and Childbirth Classes**

visit website [www.watertownregional.com](http://www.watertownregional.com)

**24/7 Lactation Consults:** Call ahead;

Zoom or in-person 920-262-4267

#### **Breastfeeding Support Group:**

visit website or call for more details

### Watertown Center for Women's Health

128 Hospital Drive – Watertown  
920-262-4825

**Lactation Consultant** 920-206-3061

## Area Breastfeeding Support

### Dodge County Human Services and Health Department

920-386-3670  
<https://www.co.dodge.wi.gov/>  
<https://www.facebook.com/Dodge.Cty.PublicHealth>

### Dodge County WIC (for WIC Program participants)

Breastfeeding Coordinator  
920-386-3681  
<https://www.facebook.com/Dodge.County.WIC>

### La Leche League

1-877-4-LECHE (U.S.A. Helpline)  
[www.lllofwi.org](http://www.lllofwi.org)  
[www.facebook.com/LLLoFWI](http://www.facebook.com/LLLoFWI)

### Breastfeeding Support for Southern WI

Facebook Group – A forum for the greater Jefferson County to ask and answer questions, share advice, and provide encouragement, peer to peer. (No medical advice given.)

[www.facebook.com/groups/133899226766943](https://www.facebook.com/groups/133899226766943)



## Breastfeeding Support



### Breastfeeding Apps

Coffective

Text4baby



### Websites



US Department of Health & Human Services  
[www.womenshealth.gov/breastfeeding/](http://www.womenshealth.gov/breastfeeding/)

Kelly Mom Parenting & Breastfeeding  
[www.kellymom.com](http://www.kellymom.com)

Medications:  
[www.infantrisk.com](http://www.infantrisk.com)

Coffective: Community and Effective Support  
[www.coffective.com](http://www.coffective.com)

USDA WIC Breastfeeding Support:  
[www.wicbreastfeeding.fns.usda.gov](http://www.wicbreastfeeding.fns.usda.gov)

Wisconsin Association of Lactation Consultants:  
[www.walc.net/](http://www.walc.net/)

American Academy of Pediatrics:  
[www.aap.org/breastfeeding/](http://www.aap.org/breastfeeding/)

Le Leche League  
[www.la lecheleague.org](http://www.la lecheleague.org)

Working and Pumping  
[www.workandpump.com](http://www.workandpump.com)

### National Breastfeeding Helpline:

(800) 994-9662 M-F 8 am – 5 pm