

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

Southeast WI Milk Share

This all-volunteer collaboration facilitates milk sharing.

Website: 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.

Jefferson County Breastfeeding Support and Resources



Protecting, Promoting, and Supporting
Breastfeeding

Jefferson-Dodge Counties Breastfeeding Coalition

Breastfeeding = A Healthier Community



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

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Area Breastfeeding Support

Fort HealthCare – Fort Atkinson

611 Sherman Ave East (920) 568-5000

www.forthhealthcare.com

Birth Center 920-668-5300

Lactation Consultants 920-568-5396

Breastfeeding and Childbirth Classes

visit website – www.forthhealthcare.com

Breastfeeding Support Group:

Last Thursday of the month 4:30-6:00 pm

call for more details 920-568-5396

Fort HealthCare Center for Women's Health

650 McMillen Street – Fort Atkinson

920-563-8900

Watertown Regional Medical Center - Watertown

125 Hospital Drive (920) 261-4210

www.watertownregional.com

Birth Center 920-262-4267

Breastfeeding and Childbirth Classes

visit website 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

Jefferson County Health Department

Public Health Nursing/Home Visits

920-674-7275

www.jeffersoncountywi.gov/departments/health

www.facebook.com/JeffersonCountyHealth

Watertown Department of Public Health

Public Health Nursing/Home Visits

920-262-8090

www.ci.watertown.wi.us/departments/health_department

<https://www.facebook.com/Watertown-Department-of-Public-Health-500727933380723/>

Jefferson County WIC (for WIC Program participants)

Lactation Consultants and Breastfeeding Peer Counselors

920-674-7189

www.facebook.com/JeffersonCountyWICProgram

La Leche League

1-877-4-LECHE (U.S.A. Helpline)

www.lllofwi.org

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



Breastfeeding Support



Breastfeeding Apps

Collective

Text4baby



Websites



US Department of Health & Human Services
www.womenshealth.gov/breastfeeding/

Kelly Mom Parenting & Breastfeeding
www.kellymom.com

Medications:
www.infantrisk.com

Collective: Community and Effective Support
www.collective.com

USDA WIC Breastfeeding Support:
www.wicbreastfeeding.fns.usda.gov

Wisconsin Association of Lactation Consultants:
www.walc.net/

American Academy of Pediatrics:
www.aap.org/breastfeeding/

Le Leche League
www.lalecheleague.org

Working and Pumping
www.workandpump.com

National Breastfeeding Helpline:

(800) 994-9662 M-F 8 am – 5 pm