

Breastfeeding Support Groups

Open to all pregnant or breastfeeding women and their children/families. Come share life with other moms in a warm, supportive atmosphere. Ask questions, share your joys and frustrations, and get out of the house for some adult conversation!

The Latch
St. Croix Regional Medical Center
Every Thursday, 10:30 - noon
Contact: Angie Chivers
715.483.0431



Good Websites

www.kellymom.com
www.la lecheleague.org
www.breastfeeding.com
www.bflrc.com
polkcountybreastfeeding.weebly.com

Join the
**Polk County
Breastfeeding
Coalition**
Facebook group



The Polk County Breastfeeding Coalition meets regularly to accomplish its mission to protect, promote and support breastfeeding in Polk County. The Coalition is seeking additional members and is open to anyone interested in assisting these efforts. Please visit our website or Facebook page for additional information.

For additional copies or the latest version, go to the Polk County, WI Breastfeeding Coalition website at:
www.polkcountybreastfeeding.weebly.com

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Breastfeeding Support for **Moms & Babies** Polk County, Wisconsin



Created and distributed by:



*Polk County Breastfeeding
Coalition*



Ask for Help (early and often!)

The first days of breastfeeding are full of new experiences for you and your baby. Getting started is not always easy. Many mothers find they have questions and need support. It is important to ask for help. Breastfeeding takes a little time to learn.

Breastfeeding educators have special training and are up to date on the latest information. They can assist you in reaching your goals for breastfeeding your baby.

"Breastfeeding started off painful for me. My friends said breastfeeding would hurt and I thought about quitting. I knew I really wanted to breastfeed so I called the lactation consultant. She showed me a good latch with my baby and it made all the difference. No more pain and I love breastfeeding." L.J.

"My baby was sleepy and didn't want to breastfeed. My mom told me to give a bottle. I felt terrible that breastfeeding wasn't working. I called WIC and talked to the peer counselor. She told me what to do so my baby could get enough milk. Now, we are doing fine. Thank goodness I had someone to call that really knew what to do." T.K.

When to Call

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

- It seems like my baby wants to nurse all of the time!
- Am I making enough milk?
- Is it normal to have sore nipples?
- I am returning to work and need a pump.
- How can I get anything else done when I am breastfeeding?
- Where can I buy nursing bras/tanks?

Who to Call

Amery Regional Medical Center

Brenda Johnson, CNM, IBCLC
(International Board Certified Lactation Consultant)
Amery: Tues & Thurs – 715.268.8000
Luck: Fridays - 715.472.2177

MC Clark Consulting

Chris Clark, RCP, RMT, IBCLC
(International Board Certified Lactation Consultant)
715.808.2603
www.mcclarkconsulting.com

Osceola Medical Center

Laura Benjamin, LPN
715.294.5782

St. Croix Regional Medical Center

Angie Chivers, BS, IBCLC
(International Board Certified Lactation Consultant)
715.483.0431 or 715.554.2357
angela.chivers@scrmc.org

WIC/Nutrition Program

Andrea Seifert, RD, CLE
Melanie Mertes, MS, RD, CLS
(Certified Lactation Educator/Specialist)
715.485.8520

Breastfeeding Peer Counselor:
(texting welcomed!)
Angie Chivers 715.554.2357