

Breastfeeding Support Groups:

All support groups are open to the public.

St. Croix Regional Medical Ctr.

715.483.0576

Angela Chivers

Every Thursday, 2:00 - 3:30 pm

Lactation consults are available by appointment.



For additional copies or the latest version, go to the Breastfeeding Committee's page at:

www.polkNPAcoalition.org



Who To Call:

WIC/Nutrition Program

715.485.8520

Andrea Seifert, RD, CLE

Janel Hemmesch, RD, CBE

(Certified Lactation/Breastfeeding Educators)



Breastfeeding Peer Counselors:

Angela Chivers, 715-554-4832

Rebecca Stenberg, 715-554-4833

St. Croix Regional Medical Center

Angela Chivers, BS, IBCLC, RLC

(International Board Certified Lactation Consultant)

715.483.0576 or 715.554.2357

angela.chivers@scrmc.org

Clark Consulting

Chris Clark, IBCLC

(International Board Certified Lactation Consultant)

715.808.2603

Osceola Medical Center

Rachel Skramstad, RN

715.294.5714

Amery Regional Medical Center

Brenda Johnson, CNM, IBCLC

(International Board Certified Lactation Consultant)

Amery - Tues. & Thurs.

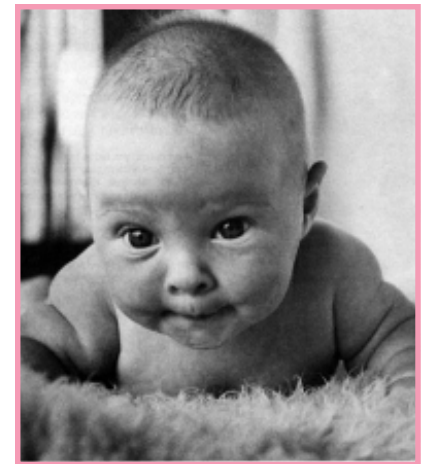
715.268.8000

Luck - Fridays

715.472.2177



Breastfeeding Support for Moms & Babies



Created and distributed by:



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Ask For Help:

The first days of breastfeeding are full of new experiences for you and your baby. Sometimes, 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.



When to Call:

-  Questions during pregnancy
-  Worried that your baby isn't getting enough breast milk
-  Sore nipples or breasts
-  Returning to work or school and need a pump
-  Have a breastfeeding question or concern



Recommended Web Sites:

www.kellymom.com
www.la lecheleague.org
www.breastfeeding.com
www.bfirc.com

"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 breastfeeding educator. She told me what to do so she could get enough milk. Now, we are doing fine. Thank goodness I had someone to call that really knew what to do."
T.K.

"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 breastfeeding educator. She showed me a good latch with my baby and it made all the difference. No more pain and I love breastfeeding." L.J.

