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 (Look for updates Fall 2019)
St Croix Regional Medical Center
Every Thursday, 10:30 am – 11:30 am
The Latch After Hours at SCRMC
Every Monday, 6:00 pm – 7:00 pm
OB Lounge both days
Summer location both days: If outdoor temp. is >50º Lion’s Park; if <50º OB Lounge
Contact: Angie Chivers, BS, IBCLC
(715)483-0431

Baby Bistro
Amery Hospital & Clinic
Every Wednesday, 9:30 am – 10:00 am
Hospital Boardroom
Contact: Branigan Nilssen, RN, CBC
(715)268-0600

Good Websites
kellymom.com
la-lecheleague.org
womenshealth.gov/breastfeeding/
drjen4kids.com
www.milkbankwgl.org
Information about donor milk

Breastfeeding Apps

Coffective
Maternity care best practices.

LactMed
Information on medications and supplements for breastfeeding moms.
Talk with your doctor about any medication concerns.

The Wonder Weeks
A personalized weekly calendar about development stages. $2.99

Join the Polk County Breastfeeding Coalition Facebook group

For additional copies or the latest version, go to the Polk County Health Dept website at: polkcountyhealthdept.org/services/breastfeeding

Revised 6/14/19
Ask for Help
(early and often!)

The first days of breastfeeding are full of new experiences for you & your baby. Many mothers find they have questions & need support. It is important to ask for help.

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?
- What do I do about 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?
- I want to reach my breastfeeding goal.

“Breastfeeding started off painful for me. My friends said breastfeeding would hurt & 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.

Helpful Tips

♥ Call before going to the pharmacy to see what you will need.
♥ Plan ahead, it may take up to a week to receive your pump.
♥ Many insurances will not provide a pump until after your baby is born. Take advantage of this time to nurse & cuddle skin to skin. This helps establish your milk supply.