Leavenworth County Breastfeeding Resources and Support

Provided by the Leavenworth County Breastfeeding Coalition



Breastfeeding Classes

Leavenworth County WIC program (WIC only)
500 Eisenhower Rd.
Leavenworth, KS 66048
(913)250-2040
"This institution is an equal opportunity provider."

Support Groups

La Leche League
2nd Thursday
monthly at 10:30 am
First Baptist Church
340 N 13th St.
Leavenworth, KS 66048
LLL Contact: Vicki
831-601-4131

Individual Care

Vicki Valencia, RN, IBCLC- (831)601-4131
WIC Breastfeeding Peer Counselor or Lacation Consultant
(WIC Only)
(913)250-2040

Online Classes

Baby Talk Prenatal and Breastfeeding classes
Free virtual classes held through Zoom by KU Med center
babytalk@kumc.edu
316-347-7559

- Breastfeeding videos: https://globalhealthmedia.org/
- Medication and breastfeeding: https://www.ncbi.nlm.nih.gov/books/NBK501922/
- La Leche League International: https://llli.org/breastfeeding-info/
- Medication/supplements and breastfeeding: https://www.infantrisk.com/
- Hand expression video: https://med.stanford.edu/newborns/professional-education/breastfeeding/abcs-of-breastfeeding/hand-expression-of-breast-milk.html
- WIC Breastfeeding Support: https://wicbreastfeeding.fns.usda.gov/
- Breastfeeding Virtual Go bag: https://ksbreastfeeding.org/home-visitor-virtual-go-bag/

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Mission: Promoting and Protecting Breastfeeding through education and collaboration with health professionals, breastfeeding advocates and community members of Leavenworth County.
Vision: Breastfeeding is supported and encouraged at all levels to promote optimal health for mothers and babies.

Coalition Contact:

Jody Hammerschmidt: 913-250-2047
jhammerschmidt@leavenworthcounty.gov
https://ksbreastfeeding.org/breastfeeding-coalitions-in-kansas/

Breastfeeding is a wonderful and healthy choice for you and your baby



Benefits for Mom and Baby

The American Academy of Pediatrics recommends breastfeeding exclusively for the first 6 months and then until 1 year of age for maximum benefits.

- Breastfed babies are less likely to develop diabetes, allergies, cancer and childhood obesity
- Breastfed babies are sick less often and healthier over their entire lifetime thanks to the protective benefits of breastmilk

Breastfeeding also benefits moms:

- Protects mom from several types of cancer
- Reduces mom's risk of diabetes
- Helps moms get back to their pre pregnancy weight
- Saves money (fewer Dr. visits, no expensive formula to buy)
- Good for the environment (no waste)

What to Expect in the first 2 weeks

Plan to feed often. Breastfed infants need to nurse every 1 to 3 hours, around the clock. This is a good time to limit your activities and just focus on bonding with your new baby and establish a good milk supply.

Many parents worry about whether their baby is getting enough milk. Watch for these signs that your baby is getting enough breastmilk:

- Your baby feeds 8-12 times in 24 hours
- You hear or see your baby swallow during feedings
- Your baby is happy and satisfied after a feedings
- Your baby has 6 or more wet diapers and at least 4 yellow poop diapers by day 4
- Your baby has regained their birth weight by 10 days
- Your breasts feel full before a feeding and noticeably softer afterwards.

Tips for getting off to a good start

Learning to breastfeed may take some time, but with the right support, almost all mothers and babies can successfully breastfeed. It is important to put baby to breast as soon as possible after delivery. That skin-to-skin contact promotes milk production and begins laying the groundwork for a healthy milk supply.

- Avoid artificial nipples at this early stage. No pacifiers or bottles.
- Room in with your baby
- Feed at the first signs of hunger: increased alertness/activity, turning head to side, putting first in mouth.
- Don't wait until your baby is crying to try and latch on. It is much easier to feed a calm baby.

Don't wait to call for help! Contact a breastfeeding expert if:

- You are considering stopping breastfeeding or giving formula because of problems with breastfeeding
- Your baby is very sleepy and does not wake to feed
- Your baby is restless and fussy after breastfeeding
- Your breasts are uncomfortably full and do not soften after feeding; or if you have sore or painful nipples.