

# Leavenworth County Breastfeeding Resources & Support



## Hotlines

## Breastfeeding Classes

### *Leavenworth County Women and Infants Program (WIC)*

500 Eisenhower Rd.  
Leavenworth, KS 66048  
(913)250-2040

“This institution is an equal opportunity provider.”

## Support Groups

### *La Leche League*

**2<sup>nd</sup> Thursday of month at 10:30 am**  
First Baptist Church, 340 North 13<sup>th</sup> St.  
Leavenworth, KS 66048  
LLL Contact: Vicki 831-601-4131

## Individual Help

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

National Breastfeeding Helpline 1-800-994-9662

For breastfeeding questions 1-800-514-MOMS

Infant Risk Center 806-352-2519  
(Medications and Mothers Milk)

## Online Resources

[www.globalhealthmedia.org](http://www.globalhealthmedia.org)

<https://wicbreastfeeding.fns.usda.gov/>

[www.ksbreastfeeding.org](http://www.ksbreastfeeding.org)

[www.kellymom.com](http://www.kellymom.com)

[www.womenshealth.gov/breastfeeding](http://www.womenshealth.gov/breastfeeding)

[www.breastmilkcounts.com](http://www.breastmilkcounts.com)

[www.babybuffer.org](http://www.babybuffer.org)

[Drugs and Lactation Database \(LactMed\) - NCBI](http://DrugsandLactationDatabase(NCBI))

[Bookshelf \(nih.gov\)](http://Bookshelf.nih.gov) medications &  
breastfeeding

[www.llli.org](http://www.llli.org) La Leche League International  
[Naturalbreastfeeding.com](http://Naturalbreastfeeding.com) Learning to  
breastfeed video

[www.infantrisk.com](http://www.infantrisk.com) Infant Risk Center for  
medications and mothers milk

<https://lacted.org/videos/>

<http://med.stanford.edu/newborns/professiona>  
[l-education/breastfeeding/hand-expressing-](http://l-education/breastfeeding/hand-expressing-)  
[milk.html](http://milk.html) Hand Expression Video

### **Provided by Leavenworth County Breastfeeding Coalition**

**Mission:** Promoting and Protecting Breastfeeding through education and collaboration with health professionals, breastfeeding advocate 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 at 913-250-2047, or email: [jhammerschmidt@leavenworthcounty.gov](mailto:jhammerschmidt@leavenworthcounty.gov)

# 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 infants 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 Mom lose pregnancy weight
- Saves money (fewer doctor visits, no expensive formula to buy)
- Good for the environment (no waste)

## ***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. This 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 fist in mouth.
- Don't wait until your baby is crying to try and latch on. It is much easier to feed a calm baby.

## ***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 establishing 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 feeding.
- Your baby has 6 or more wet diapers and at least 4 yellow poop diapers by day four
- Your baby has regained their birth weight by 10days.
- Your breasts feel full before a feeding and noticeably softer afterwards.

## ***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.