

WHY BREASTFEED?

Breastmilk is the best food you can provide your baby.

- ✓ Breastmilk is always changing and is customized depending on what nutrients your baby needs at that time. When you put your baby to breast, your body reads what your baby needs through their saliva.
- ✓ Easy for baby to digest- breastmilk is human milk for human babies.
- ✓ Always ready and available.
- ✓ Strengthens baby's immune system.
- ✓ May reduce the risk of SIDS.
- ✓ Breastfed babies have a decreased risk of obesity, diabetes, and other diseases.
- ✓ Breastfeeding helps you recover faster after childbirth and can help you lose weight faster.
- ✓ Breastfeeding helps reduce your risk of ovarian cancer, breast cancer and diabetes.
- ✓ Breastfeeding increases your calmness, self esteem and confidence.



LOCATIONS

Oshkosh
112 Otter Ave.
Oshkosh, WI 54903

Phone: 920-232-3350
Text: 920-267-7610
Fax: 920-232-3370

Neenah
211 N. Commercial St.
Neenah, WI 54956

Phone: 920-729-2945
Text: 920-383-1102
Fax: 920-729-2972

All locations open 8 am - 4:30 pm
Monday - Friday



Public Health
Prevent. Promote. Protect.

Winnebago County, WI

- ☎ 920-232-3000
- ✉ health@winnebagoountywi.gov
- 🌐 winnebagoountywi.gov/health
- facebook.com/WinnebagoHealth

Breastfeeding Resources

Winnebago County, WI



Supporting families to grow their baby with mom's milk



Public Health
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Winnebago County, WI



This institution is an equal opportunity provider

Prevent. Promote. Protect.

Local Breastfeeding Support

Badgercare accepted

WIC (clients only)

Peer Breastfeeding Counselors
Oshkosh: 920-765-4375 Call/Text
Neenah: 920-580-7945 Call/Text
Peer support/education and free online classes

Certified Lactation Consultants

Oshkosh 920-232-3350
Neenah: 920-729-2945

Winnebago County Public Health

Neenah/Oshkosh: 920-232-3000
Phone consultations and home visits/weight checks

Children's Hospital - Lactation

Neenah: 920-969-7989

Thedacare - Lactation

Neenah/Oshkosh: 920-454-7544

Aurora Hospital - Lactation

Oshkosh: 920-456-7300

Women's Health Specialists - Lactation

Appleton: 920-749-4000

Ascension (St Elizabeth's) - Lactation

Appleton: 920-738-2734

Full list of Lactation Resources in the Fox
Cities can be found here:

wchd.pub/resources



We're Here To Support You.

Breastfeeding is a learned art...
for mom and for baby.
Each journey is unique.

Breastfeeding peers and lactation
consultants can help provide answers
and resources for you.



Revised October 2024

Hotlines and Online Resources



**Hug Your Baby Digital Resource
and Breastfeeding Class**
wchd.pub/hugyourbaby

**WIC/USDA Breastfeeding
Support Website**

wchd.pub/wicbreastfeeding



La Leche League International
llli.org

Facebook WIC Breastfeeding Support Groups

Milwaukee Region WIC
wchd.pub/MilwFB



Western WI Region WIC
wchd.pub/WestWIFB

**National Women's Health and Breastfeeding
Helpline** (English/Spanish)

call: 1-800-994-9662 Mon-Fri

National Appalachian Breastfeeding Hotline

(Serves all languages using translator services)

call: 1-888-588-3423 24/7

text "BFHOTLINE" to 839863

Maternal Mental Health Hotline

(English/Spanish; other languages via translator)

call or text: 1-833-852-6262 24/7