

## 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](mailto:health@winnebagoountywi.gov)
- 🌐 [winnebagoountywi.gov/health](http://winnebagoountywi.gov/health)
- [facebook.com/WinnebagoHealth](https://facebook.com/WinnebagoHealth)

## Breastfeeding Resources

Winnebago County, WI



Supporting families to grow  
their baby with mom's milk



**Public Health**  
Prevent. Promote. Protect.  
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](http://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.



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# Hotlines and Online Resources



**Hug Your Baby Digital Resource  
and Breastfeeding Class**  
[wchd.pub/hugyourbaby](http://wchd.pub/hugyourbaby)

**WIC/USDA Breastfeeding  
Support Website**  
[wchd.pub/wicbreastfeeding](http://wchd.pub/wicbreastfeeding)



**La Leche League International**  
[llli.org](http://llli.org)

## Facebook WIC Breastfeeding Support Groups

**Milwaukee Region WIC**  
[wchd.pub/MilwFB](http://wchd.pub/MilwFB)



**Western WI Region WIC**  
[wchd.pub/WestWIFB](http://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