



Breastfeeding Resource Guide

Northern Kentucky Health Department

Breastfeeding support provided by lactation consultants, lactation counselors and peer counselors through breastfeeding classes, weight checks and WIC services (Supplemental Nutrition Program for Women, Infants and Children). Breast pump loaner program available, upon approval, for WIC moms with documented medical necessity.

Boone County Health Center	859-363-2060
Campbell County Health Center	859-431-1704
Grant County Health Center	859-824-5074
Kenton County Health Center	859-431-3345

www.nkyhealth.org/breastfeed

St. Elizabeth Healthcare, Edgewood

Breastfeeding support provided by lactation consultants: phone consults, outpatient visits by appointment, free weight checks 1-2 p.m. daily and classes. Newly designated as a donor human milk collection site for The Milk Bank of Indiana. For more information on milk donation call the Lactation Department at 859-301-2631.

1 Medical Village Drive
Edgewood, KY 41017

www.stelizabeth.com

Cincinnati Children's Hospital Medical Center/ Center for Breastfeeding Medicine

Outpatient Breastfeeding Medicine Clinic staffed by board certified pediatricians who are also certified lactation consultants. Appointments are available at the Main Campus on Burnet, Mason, Green Township and Northern Kentucky. Breast pump rental program available. Donor milk collection site for Mother's Milk Bank of Ohio. For more information call 513-636-CFBM (2326)

3333 Burnet Ave.

Cincinnati, OH 45229

www.cincinnatichildrens.org/breastfeeding

La Leche League of Northern Kentucky

Mother-to-mother support group meets at 10 a.m. on the second Thursday of each month at St. Elizabeth Edgewood, Room M in the Main Hospital.

www.llofkytn.org/northern-ky

www.facebook.com/LLLofNKY

Motherhood Express Breastfeeding Resource Center

Lactation Consultant services come to you: consults, breast pump and baby scale rentals. Call for an appointment, 859-391-6182.

www.facebook.com/Motherhood-Express-Breastfeeding-Resource-Center

Mommy Xpress

Free breast pump through insurance in three easy steps.

www.mommyxpress.com

844-641-2255

Tips for Success:

Begin breastfeeding within the first hour after birth.

Rooming in with the baby enables you to breastfeed every 2-3 hours.

Effective breastfeeding occurs when baby has a deep latch of the nipple and areola, the dark part around your nipple, and sucks with deep jaw movements. Swallowing should be heard.

Aim for 8-12 feedings in 24 hours. You may need to wake baby for feedings until he/she is gaining weight adequately.

Supplemental bottles and pacifiers are not needed in the first few weeks unless there is a medical need. All sucking should be at the breast; the more the baby feeds properly at the breast, the more milk you will produce.

The baby will signal he/she is ready to eat through feeding cues like sucking on hands or fists, licking lips, rooting/turning to the breast. Crying is a late sign of hunger and can make breastfeeding harder.

Feeding times will vary; watch the baby not the clock to determine length of feeding. Let baby finish first breast first, burp and offer second breast. If baby is no longer hungry, start the next feeding on this breast. Average feedings will last 20 to 40 minutes.

Expect 2-3 wet and dirty diapers for the first 3 days. By day 4, the breasts should become noticeably fuller with milk; then look for 5 to 7 wet diapers and 3 to 4 dirty diapers each day.

Expect stools to appear yellow, seedy or curdy, soft and loose. It's normal for breastfed babies to have a bowel movement after every feeding.

Deciding to breastfeed is a healthy choice for you and your baby. Be proud of yourself!

