Congratulations on making the decision to breastfeed your new baby!

We hope you find this brochure to have helpful information so that your breastfeeding journey will be a successful and rewarding time for you and your baby.

Please feel free to contact our office to speak with our breastfeeding support staff at any time. 573-324-2111

Recommended Reading
“The Womanly Art of Breastfeeding”
“Breastfeeding: A Mother’s Gift”
“Breastfeeding 101”

*Additional books and DVD’s are available upon request.

Websites
www.kellymom.com
www.breastfeedingonline.com/newman.shtml
www.llli.org (La Leche League)
www.womenshealth.gov/breastfeeding

Join our Facebook Support group
Natural Nursers
facebook@pchdbreastfeedingsupportgroup
breastfeeding support groups

Not only will you get excellent support for your breastfeeding experience, but you can make friends for a lifetime. Here are some support groups that may be near you;

**Pike County Health Department**
573-324-2111
Monday’s @ 1 pm
Conference Room
facebook@pchdbreastfeedingsupportgroup

**Hannibal Regional Hospital**
573-406-2122
Monday’s @ 5pm, Wednesday’s @ 10am
OB Classroom

**SSM, St. Joseph West**
636-625-7718
Wednesday’s @ 10am

breastfeeding help

For personal assistance please call our dedicated staff:

- **Leah Diffey**; Breastfeeding Peer Counselor,
Pike County Health Department
  office: 573-324-2111 cell: 573-470-0223
- **Rhiannon Terrill**; Breastfeeding Peer Counselor,
Pike County Health Department
  573-795-9527
- **Leanne Hinds**; Breastfeeding Peer Counselor,
Pike County Health Department
  573-406-5019
- **Jamie Anderson**; Nutritionist,
Pike County Health Department
  office: 573-324-2111
- **Diane Bibb, MSN, RN, IBCLC**; Hannibal Regional Hospital
  573-406-2122
- **National Breastfeeding Help Line**;
call anytime 1-800-994-9662

clinics and classes

**Prenatal Breastfeeding Classes**;
Pike County Health Department’s Breast feeding peer counselor, Leah Diffey, will discuss various topics including: breastfeeding benefits, proper latch, common barriers, what to expect, and returning to work.

**Immunization Clinic**;
Pike County Health Department offers immunizations for infants and children who meet the VFC guidelines.

**WIC Clinic**;
Pike County Health Department’s Women Infant and Children (WIC) program offers nutrition education, health promotion and supplemental food program to assist pregnant, postpartum and breastfeeding women, infants up to 12 months, and children up to age five, who have nutritional needs. Schedule your appointment by calling our office.

**Breast Pump Information**;
WIC offers both manual and electric breast pumps and other supplies to those participants that qualify. Pike County Health Department, Home Health & Hospice offers hospital grade electric pumps that are available through their Breast Pump Rental Program.

medication questions

**Dr. Thomas Hales’ Infant Risk Center, Texas Tech University Health Science Center**
806-352-2519
M-F 8am-5pm
www.infantrisk.com

For more information on any of the information in this brochure, please call 573-324-2111.