

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

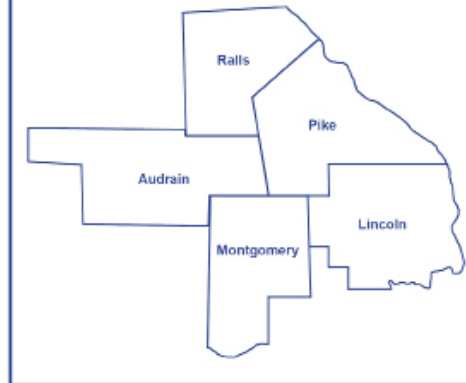


Pike County Health Department
Home Health & Hospice

1 Healthcare Place
Bowling Green, MO 63334
Phone: 573-324-2111
Fax: 573-324-5517
www.pikecountyhealth.org
[facebook@bgpchd](https://www.facebook.com/bgpchd)

COVERAGE AREA

Pike County Health Department Home Health & Hospice



Find us on Facebook:

Leah Diffey’s Breastfeeding Support
facebook@pchdbreastfeedingsupportgroup



Breastfeeding Resource Guide

*A guide to aid in
breastfeeding support and
informational resources*

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

First Monday of each month @ 1pm
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

medication questions

Dr. Thomas Hales' Infant Risk Center, Texas Tech Univeresity

Health Science Center

806-352-2519

M-F 8am-5pm

www.infantrisk.com



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
573-719-7690

Leanne Hinds; Breastfeeding Peer Counselor,
Pike County Health Department
573-406-3093

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.

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