

LOCAL BREASTFEEDING RESOURCES

FHN/SCHD BREASTFEEDING TASK FORCE

815-599-6244

Coordinating prenatal, hospital/delivery,
and postnatal lactation support.

STEPHENSON COUNTY HEALTH DEPARTMENT WIC PROGRAM

815-235-8360

Outside Stephenson County? Find your local
WIC office here: wicprogram.us

FHN WOMEN'S HEALTH TEAM

fhn.org/our-OBteam.asp

Our Women's Health team works with you to ensure the healthiest possible pregnancy, from before conception to a happy delivery at the FHN Family Birthing Center.



FHN OBSTETRICS

Your Pregnancy, Every Step of the Way

fhn.org/pregnancy-obstetrics.asp

Resources for parents



PUMPS AND SUPPLIES

For help getting a breast pump through your insurance provider.

NEB MEDICAL SERVICES

866-633-1597

nebmedical.com

LEHAN'S MEDICAL EQUIPMENT - FREEPORT

1780 Rosenstiel Drive, Freeport, IL 61032

815-599-1840

lehansmedical.com

AEROFLOW BREASTPUMPS

844-867-9890

aeroflowbreastpumps.com

Get motherhood essentials by providing insurance information, they will verify coverage for you on an online format.

EDGE PARK

855-504-2099

edgepark.com/breast-pumps-and-supplies/c/L1-23

Expecting mothers can access pumps and supplies anytime during their pregnancy by filling out an online form or calling.

Scan **HERE**
to view
this on our
website.



BREASTFEEDING SITES ON THE INTERNET

1. American Academy of Pediatrics Breastfeeding Policy Statement - Provides your pediatrician with the information to support you and your baby during breastfeeding. <https://publications.aap.org/pediatrics/article/150/1/e2022057988/188347/Policy-Statement-Breastfeeding-and-the-Use-of>
2. Illinois State Breastfeeding laws, including laws for the workplace. <https://www.ilga.gov/legislation/ilcs/ilcs3.asp?ActID=2429>
3. United States Lactation Consultant Association - to find a local lactation consultant. USLCA.org
4. All about breastfeeding. kellymom.com
5. La Leche League - Get breastfeeding help, learn about breastfeeding and the law, and find resources for help and more. l.li.org
6. Online breastfeeding, pregnancy and baby care advice on various breastfeeding subjects for parents from Medela, a breast pump supply company that hospitals use. medela.com/breastfeeding
7. Learn how to choose the right nursing bra for you at askdrsears.com, or locate hard to find sizes at reasonable prices for online purchase: themothewear.com, justmysize.com, bravadodesigns.com and momcozy.com
8. The Center for Disease Control (CDC) is committed to promoting breastfeeding to improve public health. cdc.gov/breastfeeding
9. The United States Breastfeeding Committee (USBC) is a coalition of more than 40 organizations that work together to promote breastfeeding. usbreastfeeding.org
10. Academy of Breastfeeding Medicine. bfmed.org
11. TSA Breast Milk and Breast Pump Policy. <https://www.tsa.gov/travel/special-procedures/traveling-children> and <https://www.medela.us/breastfeeding/articles/tips-for-flying-and-traveling-with-a-breast-pump>
12. Traveling with a breastfeeding baby and traveling without a breastfeeding infant. <https://www.cdc.gov/nutrition/infantandtoddlernutrition/breastfeeding/travel-recommendations.html>
13. Traveling with children. <https://www.tsa.gov/travel/special-procedures/traveling-children>
14. Getting breastfeeding off to a great start soon after birth. <https://med.stanford.edu/newborns/professional-education/breastfeeding/breastfeeding-in-the-first-hour.html>