

Local Breastfeeding Help

Free

African American Breastfeeding Alliance (AABA)

608-535-9880

Support, individual consultation, and resources

www.latchonaaba.org

Breastfeeding Coalition of South Central Wisconsin

Locations to pump around Madison, local laws,

breastfeeding information

<http://bcscw.wildapricot.org/Pumping-Friendly-Sites>

Harambee Village Doulas

608-535-9525

Pregnancy, postpartum, and breastfeeding support through community-based doulas

Facebook: @HarambeeVillage

La Leche League Helpline

608-827-5530 - Leave message anytime

Mother-to-mother support and encouragement

<https://lllmadison.wordpress.com/>

Facebook: @La Leche League of Madison, WI

Mothers' Milk Alliance, Inc.

608-535-9886

Madison Milk sharing- milk donors have been tested

www.mothersmilkalliance.org/

Public Health Madison & Dane County

608-243-0449

Individual breastfeeding support and information

before delivery and for as long as you breastfeed

www.publichealthmdc.com/family/breastfeeding

St. Mary's Hospital

608-258-6474 or 1-800-336-6650

Calls returned daily 7 am – 10 pm

Lactation Consultants WARM LINE

Best Start Support Group: Free, drop in Thursdays

1:30-3 pm

Today Not Tomorrow Family Resource Center

608-268-6968

Family support services, pregnancy and breastfeeding education & support, help with baby items, fun family events, and much more

Unity Point Health - Meriter Hospital

608-417-6547 or 1-800-261-4449

Calls returned: Mon-Fri 8 am-4 pm; Sat & Sun 8 am-3 pm

Lactation Consultants HELP-LINE

Outpatient Lactation Clinic: Insurance accepted

Fee or Insurance accepted

Happy Bambino

608-223-6261

Breastfeeding Clinic

Clinic Hours: Wednesday 10am-2pm

www.happybambino.com – go to “Resources”

Madison Breastfeeding Help

608-698-0182

Individualized help for breastfeeding families

Dropin Clinic: Monday and Thursdays 12-2 pm

<https://madisonbreastfeedinghelp.com/>

UW Health – Mt. Horeb & Odana Clinics

608-437-3064

Outpatient Lactation Clinic

Referral needed from doctor or mid-wife

Wildwood Family Clinic

608-839-3515

Lactation Consultants located at Cottage Grove Clinic

www.wildwoodclinic.com

Breastfeeding Classes

Access Community Health

608-443-5564

Free

www.accesscommunityhealthcenters.org

Click on “Services” then “Medical”

Group Health Cooperative

608-662-4924

Free

www.ghcscw.com

Click on “Wellness” then “Sign up for Classes”

Unity Point Health - Meriter

608-417-8446

Fee charged, some insurance accepted

www.unitypoint.org/madison

Click on “Classes & Events” then “Breastfeeding”

St. Mary's Hospital

608-512-4001

Free

www.stmarysmadison.com

Click on “Sign up for Classes & Events”



Breastmilk

has **more** of what babies need.



California Department of Public Health,
California WIC Program
1-800-852-5770 #920095 Rev 2/14



Why should I breastfeed?

Breastfed babies have...

- fewer ear infections, asthma and pneumonia
- less tummy troubles (gas, constipation and diarrhea)
- less risk of sudden infant death syndrome (SIDS)
- less risk of diabetes and obesity in childhood and as an adult
- many opportunities to bond with mom!

Moms who breastfeed have...

- less risk of breast, ovarian and uterine cancer
- less risk of diabetes and heart disease
- less risk of postpartum depression
- less bleeding after childbirth and lose weight quicker

Breast milk is less expensive

- Cost of Breast milk = FREE
- Cost of formula = \$1500/year
- Cost of formula after WIC = \$500-900/year



We Can Help!

2018



Healthy people and places