

Local Resources

La Leche League
International
(800) 525-3243
Brighton
(248) 660-5334
Fenton
(810) 208-0422

Coffective

Download Coffective's free mobile app and the We're Prepared Checklist to help your family get a great start or visit www.coffective.com.

For breastfeeding websites, visit www.lchd.org and click on Breastfeeding Support under Personal & Preventive Health.

Electric Breast Pumps: Supplies
Advanced Medical Solutions
(517) 548-0186



LIVINGSTON COUNTY
Health Department



2300 E. Grand River Ave., Suite 102,
Howell, MI 48843
www.lchd.org

Livingston County Breastfeeding Support



Prepare for your new baby by learning how to give him/her the best start possible.

National Resources

Office on Women's Health
Breastfeeding Helpline:
(800) 994-9662

This institution is an equal opportunity provider.

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Brought to you by the
Livingston County Health Department

WIC Breastfeeding Peer Counselor

Jennifer Kaiser

Available via cell phone for WIC clients to call or text at (517) 375-0554.



The Peer Counselor is available to:

- Offer breastfeeding encouragement
- Provide basic education, problem-solving, and support.
- Recognize signs of the normal course of breastfeeding.
- Teach mothers basic techniques that help ensure a successful start.
- Help mothers plan for a return to work/school that supports the continuation of breastfeeding.
- Provide information on additional sources of help to breastfeeding families.
- Provide information on the advantages of breastfeeding and the risk of not choosing to breastfeed.
- Help women identify concerns and barriers around breastfeeding.
- Act as an advocate for breastfeeding in the community, workplace, and health care system.

Breastfeeding Class

2nd Wednesday of the month
5:30 p.m. - 6:30 p.m.

Registration is required. Call (517) 546-5459.

Content covered:

- Breast Milk Basics/The First Days
- Feeding Cues
- Proper Positioning
- Enough Milk for Baby
- Avoiding Problems/Common Roadblocks
- Pumping

Available to ALL expectant mothers and their support person(s).

Takes place at the
Livingston County Health Department
2300 E. Grand River Ave., Suite 102,
Howell, MI 48843

Breastfeeding Rights

Do you have questions or concerns about your breastfeeding rights in the workplace?

Ask for our Breastfeeding Rights Wallet Card at your next WIC appointment!

Nurses Welcome Newborns

Families of infants residing in Livingston County have an opportunity to receive a home visit with a Public Health Nurse (at no charge) that includes:

- Individualized Services
- Breastfeeding Support
- Infant Weight Check
- Information and answer questions about:
 - Growth and Development
 - Home Safety
 - Immunizations
 - Infant Care
 - Safe Sleep
 - and More
- Referrals & Resources
 - Breastfeeding Support Group
 - Car Seat Checks
 - LACASA/Healthy Families
 - Parent Infant Program
 - WIC

To schedule a visit, call (517) 546-9850.

