Resources for New Parents

*Feeding Your New Baby*

Health Department
WIC Program
Phone:

Hospital Classes
Phone:

Nurse
Phone:

County Extension Service
Phone:

Breastfeeding Specialist
Phone:

Lactation Consultant
Phone:

Doctor
Your doctor
Phone:

Public Library
Phone:

Your baby's doctor
Phone:

American Dietetic Association Hot Line
Phone: 1-800-366-1655

Child birth Educator
Phone:

La Leche League
Phone: 1-800-LA LECHE

Friends and Family Members
Phone:

Phone:

Phone:

Some Good Books to Read

*Child of Mine* by Ellyn Satter

*Bestfeeding: Getting Breastfeeding Right for You* by May Renfrew, Chloe Fisher and Suzanne Arms

*The Nursing Mother’s Companion* by Kathleen Huggins

*Breastfeeding Your Baby* by Nursing Mothers Council of the Boston Association for Childbirth Education

*The Womanly Art of Breastfeeding* by La Leche League

*Nursing Your Baby* by Karen Pryor and Gale Pryor

Adapted from Michigan WIC/United Dairy Industry of Michigan Nutrition Education Module, "Feeding Your New Baby"