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:

Child birth Educator
Phone:

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

Friends and Family Members
Phone:
Phone:
Phone:

La Leche League
Phone:
Phone: 1-800-LA LECH

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”