

Breastfeeding Resource Guide

Local Resources

Breastfeeding USA

Meetings

- Second Monday of the month, 9:30-11:30 a.m.
Mission House Café, 6818 S. 34th St., Berwyn, IL
- Last Saturday of the month, 2-4 p.m.
PCC Birth Center, 6201 Roosevelt Rd., Berwyn, IL

Contacts

- Maura:
maura.frauenhofer@breastfeedingusa.org
- Elle: elle.morton@breastfeedingusa.org

Hinsdale Hospital

- The Nurturing Nook, call 630-856-6455

La Leche League (LLL) of Illinois

Meetings

- First Friday of the month 10 a.m.-Noon
Buzz Café, 905 S. Lombard, Oak Park, IL
- Third Tuesday of the month, 7 p.m.
Belmont Village, 1035 Madison St., Oak Park, IL

Contacts

- Mary Anne: 708-299-4317
- Susan: susanpenost@gmail.com

Loyola/Gottlieb Hospital

- Breastfeeding class (\$25), call 708-216-4300

Triton College

- Pumping while at school:

You have access to a room to pump in at the Health Services office in Room B-112. Call Ext. 3051 with questions.

West Suburban Hospital

Meetings

- Lactation consultants offer help over the phone as well as a Breastfeeding class (\$30)
- Breastfeeding Support Group 1st Saturday of the month (free)

Contacts

- lactation-consultants@westsubmc.com
- 708-763-6638

Women, Infants & Children (WIC)

Through the Illinois Department of Human Services.

Online Resources

Baby Gooroo: www.babygooroo.com

Badass Breastfeeder:
www.thebadassbreastfeeder.com

Breastfeed, Chicago!:
www.facebook.com/groups/breastfeedchicago

Breastfeeding Online: www.breastfeedingonline.com

Breastfeeding USA: www.breastfeedingusa.org

Chicago Area Breastfeeding Coalition:
www.chicagoareabfc.org

Kelly Mom: kellymom.org

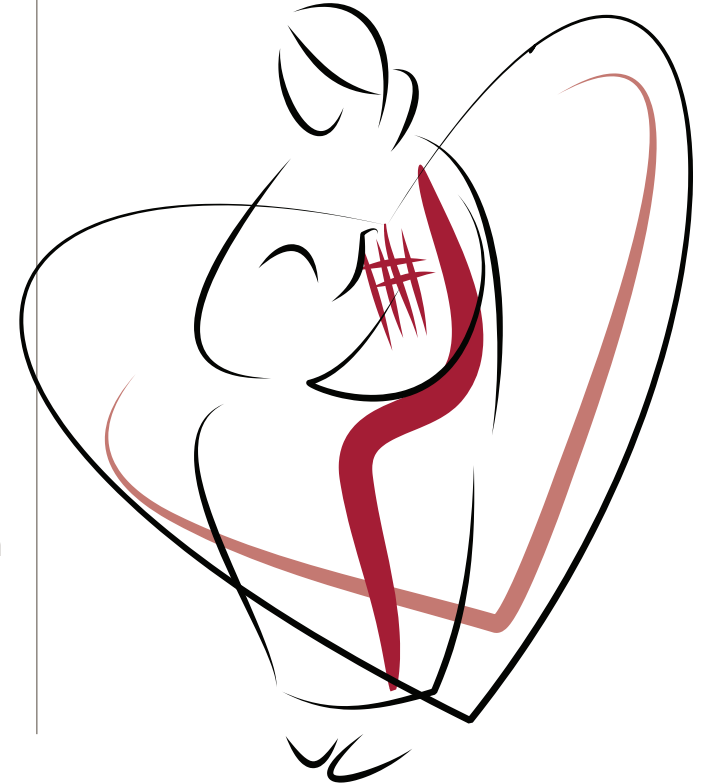
La Leche League: llofil.org

Illinois State Breastfeeding:
www.illinoisbreastfeeding.org

The Leaky Boob: theleakyboob.com

United States Breastfeeding Committee:
www.usbreastfeeding.org

WIC Illinois:
www.dhs.state.il.us/page.aspx?item=30513



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Interesting Facts

World Health Organization:

- Recommends exclusive breastfeeding for 6 months has many benefits to infant and mother.
- States that breast milk is also an important source of energy and nutrients in children aged 6 to 23 months.
- Recommends breastfeeding for at least 2 years along with safe and nutritious foods.
- Adults who were breastfed as babies are less likely to be overweight/obese.
- Breastfeeding contributes to the health and well-being of mothers.

Breast milk will change based on the needs of your baby

- The composition of breast milk will change based off of your child's age.
- It is like medicine with germ and disease fighting substances inside of it.

Breastfeeding rates in the United States

According to the CDC breastfeeding report card, in 2011:

- 79% of newborns started to breastfeed
- 49% still breastfeeding at 6 months
- 27% still breastfeeding at 12 months

Nursing after the first year

- The average age worldwide that a child self-weans from the breast: 3-4 years old.

Nursing in Public Laws

breastfeedinglaw.com/state-laws/illinois

Right to Breastfeed Act

Breastfeeding Location. (740 ILCS 137/10) Sec. 10:

A mother may breastfeed her baby in any location, public or private, where the mother is otherwise authorized to be, irrespective of whether the nipple of the mother's breast is uncovered during or incidental to the breastfeeding; however, a mother considering whether to breastfeed her baby in a place of worship shall comport her behavior with the norms appropriate in that place of worship.

(Source: P.A. 93-942, eff. 8-16-04.)

Enforcement Provision

Private right of action. (740 ILCS 137/15) Sec. 15:

A woman who has been denied the right to breastfeed by the owner or manager of a public or private location, other than a private residence or place of worship, may bring an action to enjoin future denials of the right to breastfeed. If the woman prevails in her suit, she shall be awarded reasonable attorney's fees and reasonable expenses of litigation.

(Source: P.A. 93-942, eff. 8-16-04.)

Challenges with Breastfeeding

- Breastfeeding does not always come easily, please reach out to local resources for help if you are having difficulties.
- Some problems that you may have:
 - Clogged/plugged ducts
 - Engorgement
 - Inverted/flat nipples
 - Low or High milk supply
 - Mastitis
 - Painful/overactive letdown
 - Poor latch
 - Tongue/Lip tie
 - Thrush
- Whenever you have concerns, call your doctor or your lactation consultant