

"Once I learned how, I found breastfeeding is easy! It is fun and so relaxing!"

- Rebecca

Benefits of breastfeeding your baby

- Breast milk is easy for your baby to digest.
- Breast milk keeps you and your baby healthy and protected from illness.
- Breastfeeding creates a treasured bond between you and your baby.
- Breastfeeding helps families save money and reduce waste.

Learning how to breastfeed may take time and patience. There is support for you and your baby to make breastfeeding a success.

To learn more about breastfeeding your baby, contact one of the *Flint Hills Breastfeeding Coalition* resources.

"I owe much of our success to the calm and positive support I received late one night when I was in tears. I truly don't know if I would be a breastfeeding mama if it wasn't for your support!"







- Jackie

Flint Hills Breastfeeding Resource Guide



Brought to you by the
Flint Hills Breastfeeding Coalition

Breastfeeding Resources

| | Support Groups | Classes | Home Visits | Office Visits | Phone Support | Breast Pumps and Supplies* |
|---|----------------|---------|-------------|---------------|---------------|----------------------------|
|  <p>La Leche League of Manhattan & Ft. Riley/Junction City 785.370.4356 www.lllmanhattan.org lllmanhattan@gmail.com</p> | X | | X | | X | |
|  <p>MERCY REGIONAL HEALTH CENTER Mercy Regional Health Center 785.587.5432 www.mercyregional.org Melanie_Ramsey@mercyregional.org</p> | X | X | | X | X | X |
|  <p>Riley County Health Department & Family Connections 785.776.4779 www.rileycountyks.gov</p> | | | X | X | X | |
|  <p>Riley County K-State Research & Extension 785.537.6350 www.riley.ksu.edu ginnyb@ksu.edu</p> | | X | X | | X | |
|  <p>Fort Riley WIC 785.239.5730</p> | | X | X | X | X | X |
|  <p>Manhattan WIC 785.776.4779 ext. 7661</p> | | | | X | X | X |

*Breast pumps and supplies may also be available at area retailers, pharmacies and medical supply companies.