



Breastfed babies have lower risk of:

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| Asthma | Obesity |
| Type 1 diabetes | Ear infections |
| Diarrhea/vomiting | SIDS |

Breastfeeding can help lower risks for the lactating parent of:

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|---------------------|-----------------|
| High blood pressure | Type 2 diabetes |
| Ovarian cancer | Breast cancer |

Online Resources

- **American Academy of Pediatrics:** Learn from pediatricians about nutrition, health, and more: www.healthychildren.org
- **Drugs and Lactation Database (LactMed):** National database with information on drugs and other chemicals while lactating: www.ncbi.nlm.nih.gov/books/NBK501922/
- **Illinois Public Health Institute:** Resources for parents, families, providers, employers, childcare settings, and more: www.iphionline.org/breastfeeding
- **Postpartum Support International:** Offers 40+ online support groups for those with similar experiences. Groups available in English & Spanish: www.postpartum.net
- **Ready Set Baby:** Offers infant and feeding education including virtual classes in English and Spanish: www.sph.unc.edu/cgbi/ready-set-baby-live-online-classes/
- **WIC:** Learn how to start nursing or pumping, overcome challenges, meet goals, and thrive: www.wicbreastfeeding.fns.usda.gov

Macon County Health Department

1221 E. Condit St. Decatur, IL
217-423-6988

www.maconchd.org

This institution is an equal opportunity provider.

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Breastfeeding Resources

For Parents in
East Central Illinois

Need Help?

Baby TALK

Certified Lactation Specialist available for breastfeeding questions or concerns during pregnancy and after delivery.

Phone: 217-872-5556

Carle Community Breastfeeding Clinic & Warm Line

Warm Line for breastfeeding questions. One-on-one appointments available with a lactation consultant. Phone: 217-326-2610

DMH Maternity Care Center

Breastfeeding support available inpatient and by appointment after delivery.

Phone: 217-876-3400

HSHS St. John's

Warm Line for breastfeeding questions or concerns. Phone: 217-535-3983

Macon County Health Dept.- WIC

Support for WIC participants from Peer Counselors, Certified Lactation Specialists, & an IBCLC for feeding questions, latch assistance, pumps, and education.

Phone: 217-423-3764

Springfield Clinic- Springfield

Support for current patients from Certified Lactation Counselors to assist with feeding needs. Breastfeeding education classes available to all. Phone: 217-280-6869
Class registration is recommended at: www.springfieldclinic.com/babysteps



Your baby.
Your goals.
Help is here.

Support Groups

HSHS St. John's Support Group

- Women & Children's Center, 400 N. 9th St. Springfield, IL (Lobby level)
- Wednesdays, 12:00-1:30 p.m.
- For more information, call: 217-535-3696

Springfield Clinic Support Group

- 900 N. 1st St. Springfield, IL (1st Floor)
- Thursdays, 1:00-2:00 p.m.
- For more information, call: 217-280-6869

More Resources

Aligned Family Wellness

Lactation consultations available. Some insurances accepted. Phone: 217-875-7151

Champaign Co. Public Health District

Donor milk depot (drop off for pre-approved donors) and donor milk dispensary (purchase). Call for more details. Phone: 217-531-4529

Infant Risk Center

Parents & medical providers can ask experts about medications during lactation. Open Monday-Friday 8:00 a.m.-3:00 p.m.
Phone: 806-352-2519

Nurtured Beginnings

Private practice nurse practitioner/IBCLC specializing in complex feeding needs. Some insurances accepted. Phone: 217-898-7481
Website: www.nurturedbeginnings.net

Total Lactation Care

Family nurse practitioner/IBCLC specializing in tongue ties. Some insurances accepted.
Website: www.totallactationcare.com