

Lincoln Community Breastfeeding Support Resource Guide

The American Academy of Pediatrics and American Academy of Family Physicians recommend exclusive breastfeeding for 6 months with continuation of breastfeeding as long as mutually desired by a mother and child for 2 years or beyond.

Breastfeeding decreases your **BABY'S** risk of:

- Ear Infections, Colds, and Diarrhea
- Sudden Infant Death Syndrome (SIDS)
- Obesity
- Diabetes
- Asthma
- Childhood Leukemia

Breastfeeding decreases **YOUR** risk of:

- Breast Cancer
- Ovarian Cancer
- Type II Diabetes

We encourage you to set a breastfeeding goal for your baby's health and your health. While experts recommend breastfeeding for two years or beyond, every day that your baby is breastfed makes a difference to your baby's health. Check with your provider office or other community resources (listed on the back) to find out where to access breastfeeding classes, breast pumps, lactation consultants, and mom's groups.

Know Your Rights

- In Nebraska, a mother may breastfeed her child in ANY public or private location where the mother is otherwise authorized to be.
- Federal and State laws protect moms returning to work or school by requiring employers and schools to provide adequate time and space to pump.
- To find out more about your breastfeeding rights, visit ACLU Nebraska:

<https://www.aclunebraska.org/en/news/breastfeeding-rights-are-civil-rights>.

Breastfeeding Support

Moms are more likely to initiate and sustain breastfeeding with support from significant others, family, friends, doctors, nurses, lactation consultants, peer counselors, WIC, etc. If you need help finding support, see the **Lincoln Community Breastfeeding Resources** on the back. Or for more information about breastfeeding resources in the Lincoln community visit:

www.HealthyLincoln.org/Breastfeeding



Lincoln Community Breastfeeding Resources

Bryan Health

- Lactation Consultants: 402-481-7103
- Breastfeeding Classes (in-person or on-line): 402-481-7474
- <https://www.bryanhealth.com/services/maternity/birth-experience/breastfeeding-support/>

MilkWorks

A community breastfeeding center.

- Clinical Consultations with a team of IBCLC staff
- Classes (All About Breastfeeding, Return to Work, Breastfeeding and Babywearing)
- Weekly mom's support group
- Breast Pumps with demonstration and assistance
- Depot for the Denver Milk Bank
- MilkWorks hosts a broad network of culturally diverse Community Breastfeeding Educators who offer support in multiple languages, including Spanish, Arabic, Mandarin, Vietnamese, Nuba, Karen, Burmese, Thai, Kurdish, French, Nuer, Uygher, Chinese, Russian, Afrikaans, Lingala, Kikongo, and Canjival.
- Hours of operation: Mon.– Sat. 9 a.m. – 5 p.m., Open until 6 p.m. on Tuesdays, Closed Sundays
- 5930 S 58th St, Lincoln, NE 68516
- 402-423-6402
- www.milkworks.org

Women Infants and Children (WIC)

Provides breastfeeding education and support, breastfeeding peer counselors, breast pumps, referrals, and supplemental foods to qualifying pregnant and nursing moms.

- Family Service WIC: 402-441-8655
<https://family servicelincn.org/wic-women-infants-children/>
- Lincoln Lancaster County Health Department WIC: 402-441-6200
www.lincoln.ne.gov keyword: WIC

La Leche League of Nebraska

Here to provide free information, encouragement, and community so you can breastfeed with confidence.

- Connect with local leaders and meetings: LLofNE.org
- Call our helpline: 402-413-1250
- Find resources in multiple languages: LLL.org

CHI Health St Elizabeth

- Lactation Consultants: 402-219-7471
- Breastfeeding Classes: 402-219-7000
- Breast Pumps: 402-464-8976
- Milk Depot: 402-219-7061
- CHI Health St Elizabeth Maternity Info:
<https://www.chihealth.com/en/services/maternity/maternity-centers/stelizabeth-maternity.html>
- CHI Health St Elizabeth Classes:
<https://www.chihealth.com/en/services/maternity/childbirth-classes-and-events.html>

Clyde Malone Community Center

A community center located in the Malone Neighborhood. Free Birthing Classes, Labor Doulas, Postpartum Doulas, Breastfeeding Support Programs, Doula Scholarships and Mentorship, Milk Share Program and more!

- Visit website for more details:
MaloneCenter.org/Maternal-Wellness
- 2032 U Street, Lincoln, NE 68503
- 402-474-1110

El Centro de las Americas

A community center located on 2nd and O Street, hosts a Lactancia Materna (Breastfeeding) Group.

- Check dates and times:
facebook.com/elcentrolincoln/
- 210 O Street, Lincoln, NE 68508
- 402-474-3950

Asian Community & Cultural Center

A community center that offers a variety of women's groups and breastfeeding support services.

- <https://www.lincolnasiancenter.org/>
- 144 N. 44th Street, Ste A, Lincoln, NE 68503
- 402-477-3446

Nebraska Safety Council

Works with businesses to provide training and consultation in many areas of safety and wellness including lactation support for new moms returning to work.

- 402-483-2511

In addition to these resources, check with your health care provider to see what breastfeeding resources they offer.