

# 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 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
- Stroke
- Heart Attack
- Postpartum Depression

Set a breastfeeding goal, and 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 authorized to be.
- Federal and Nebraska State laws require employers and schools to provide adequate time and space to pump.
- To find out more about your breastfeeding rights, visit ACLU Nebraska:  
<https://tinyurl.com/ymuem6tk>

## 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 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/BreastfeedingResources](http://www.HealthyLincoln.org/BreastfeedingResources)



# Lincoln Community Breastfeeding Resources

## Bryan Health

- Lactation Consultants: 402-481-7103
- Breastfeeding Classes (in-person or on-line): 402-481-7474
- <https://tinyurl.com/BryanHealthBreastfeeding>

## 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
- Milk Depot for the Denver Milk Bank
- Hours of operation: Mon–Sat, 9am–5pm
- 5930 S. 58th Street, Lincoln, NE 68516
- 402-423-6402
- [www.MilkWorks.org](http://www.MilkWorks.org)

## Community Breastfeeding Educators

Lincoln has a broad network of culturally diverse Community Breastfeeding Educators (CBE) 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 Canjoval.

- To connect with a CBE, contact:  
[CBE@HealthyLincoln.org](mailto:CBE@HealthyLincoln.org)
- Program Information: -  
<https://tinyurl.com/LincolnCBEprogram>

## 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://familyservicelincoln.org/wic-women-infants-children/>
- Lincoln-Lancaster County Health Department  
WIC: 402-441-6200  
<https://www.lincoln.ne.gov/Home> Keyword: WIC

## 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 Center:  
<https://tinyurl.com/CHIHealthMaternityCenter>
- CHI Health St. Elizabeth Classes and Tours:  
<https://tinyurl.com/CHIHealthClassesAndTours>

## 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:  
[www.MaloneCenter.org/Maternal-Wellness](http://www.MaloneCenter.org/Maternal-Wellness)
- 2032 U Street, Lincoln, NE 68503
- 402-474-1110

## 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. 44<sup>th</sup> Street, Ste A, Lincoln, NE 68503
- 402-477-3446

## Family Connects - LLCHD

All families living in Lancaster County are eligible to receive a free, in-home postpartum visit by a Registered Nurse. Visits can include breastfeeding support from a Certified Lactation Counselor, infant weight check and assessment, postpartum health assessment, newborn education, referrals, and more.

- For more information and to request a visit:  
[www.lincoln.ne.gov/familyconnects](http://www.lincoln.ne.gov/familyconnects)
- 402-441-4433

## 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: [LLLofNE.org](http://LLLofNE.org)
- Call our helpline: 402-488-7741
- Find resources in multiple languages: [LLLI.org](http://LLLI.org)

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