

*Your Community Supports Breastfeeding.
Ask for Help! Make the call!*

HEALTH DEPARTMENT
PINE STREET HEALTH SERVICES
215 S. PINE STREET, 2ND FLOOR
NEWTON, KANSAS 67114

PHONE: 316-283-1637
FAX: 316-283-1757

8:00 AM – 5:00 PM
Except Tues. 8:00 AM – 6:00 PM
Alice Jantzen, RN, BSN
Lactation Consultant
Amber Jackson, CBE
Breastfeeding Peer Counselor
For WIC Clients 316-665-1812, 24/7



Private lactation visits can be scheduled, \$35

Third Trimester WIC Support Group (Emphasis on Baby Behavior)
Every 1st Monday of the month at 4pm and 3rd Monday at 11am.



Maternal and Infant Program



Healthy Start

You can also request a home visit.
Amber Jackson,
Healthy Start Home Visitor.

Breast pump Loan Program-Breast pumps for WIC clients or sliding fee scale for the general public (non-WIC clients).

Walk-In Weight Checks at Health Department during office hours, free of charge.



Newton Medical Center

Family friendly. First class.

Infant Weight Checks: no charge

Private Lactation Visits: \$35 (one-time fee)

To schedule an appointment for either service, please call **316-804-6176**.



State website:
www.kansaslll.org

Meetings to give support and help answer your questions about breastfeeding women, infants, and children are welcome. Text La Leche League for breastfeeding advice: Pat Olson 316-727-2231 or Marcia Hahn 620-327-2231, Text 620-217-1280.

Check La Leche League Newton Facebook Group for meeting dates and times or or Instant Message.



Michelle Paakh,

Certified Professional Midwife,
316-304-3056

michelle@barefootmidwiferyks.com
Like Barefootmidwifery on Facebook

Look for local businesses with this logo in their window and feel welcome to breastfeed there.



The larger community can help too!

Stanford University Recommendations- Be prepared to manually express milk frequently in the first 3-4 days. Learn manual expression. Preview, prepare, and practice.

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National Breastfeeding Helpline

1-800-994-9662
Calls received from
8-5 pm M-F. Expect
return calls within
one business day.



Some examples of popular and informative websites are

www.womenshealth.gov/breastfeeding/

Kansas La Leche League

www.workandpump.com

<https://medlineplus.gov/breastfeeding>
(English or Spanish)

Kelly Mom

Kansas Breastfeeding Coalition

www.kansasbusinesscase.com



Watch their video

<http://newborns.stanford.edu/Breastfeeding/HandExpression.html>



Google Searching?

Use reliable websites to get your information.

1. Who is the author and what are their credentials? Are they an experienced teacher or coach?
2. Who published the site? Domain names ending in .edu (educational) or .gov (government) or .org (non-profit) are more reliable.
3. What is the main purpose of the site? Are they selling a product or is this a public service?
4. Who is the intended audience?
5. What's the quality of information? Is the information old and outdated, new or time-tested?
6. Does the information contradict information from La Leche League or your Certified Local Lactation Consultant?