

Please use our free services:

Inpatient Lactation Services

Dial: 7567

- Lactation education and assistance throughout your post-partum stay.
- Assistance maintaining lactation in the event a child or mother is ill or hospitalized.

Outpatient Lactation Services

(307) 633-7896 or (307) 633-7567

- Prenatal lactation classes
- Prenatal lactation counseling
- Round-the-clock telephone support
- Drop-in clinic for weight checks
- Lactation counseling to strategize during difficulties:
 - Feeding evaluations
 - Latch assistance
 - Other issues/concerns

Breastfeeding Resources

Cheyenne Regional Medical Center

Lactation Team - International Board Certified Lactation Consultants and Certified Lactation Counselors

Inpatients: 7567

Outpatients: (307) 633-7896 or (307) 633-7567

Laramie County WIC Program

(307) 634-6180

Maternal-Family Health Services

Cheyenne-Laramie County Health Dept.

Home visits and classes offered: (307) 633-4098

F.E. Warren Air Force Base

Family Advocacy Program: (307) 773-4643

WIC Office: (307) 773-3963

La Leche League

Cheyenne: (307) 638-1468 or (307) 214-7832

Southeast Wyoming: (307) 637-5067

or (307) 631-7141

Lactation Counselor/Pump Rental

Margie Sewell: (307) 634-5602

Breastfeeding Support

Cheyenne Regional Medical Center

Prenatal Breastfeeding Class

2nd Wednesday of month, 6:30 p.m.

Call (307) 633-7803 to register. *Free.*

La Leche League of Southeast Wyoming

Mothers, babies and mothers-to-be

2nd Tuesday of the month, 6:30 p.m. *Free.*

For information, call: (307) 637-5067 or

(307) 631-7141 or email tkgieser@wyoming.com

La Leche League of Cheyenne

Children of all ages welcome.

1st Monday of the month, 6 p.m.,

Laramie County Library

2nd Thursday of the month, 10 a.m. *Free.*

First United Methodist Church

La Leche League Prenatal

Breastfeeding Class: \$30

Every other month (Jan, March, etc.)

2nd Monday of the month, 6 p.m.

Alpha Family Medicine: call (307) 638-1468 or

email marguerite.herman@gmail.com to register

STRIDE Learning Center

5801 Yellowstone Rd., Cheyenne, WY 82009

(307) 638-6100

Associates in Therapy for Infants and Children

(307) 635-2900



Cheyenne Regional
Medical Center

214 East 23rd Street

Cheyenne, WY 82001

(307) 633-7896



Cheyenne Regional
Medical Center

Women and Children's Services



Inpatient &
Outpatient
**LACTATION
SERVICES**

cheyenneregional.org

Benefits of Breastfeeding

For your baby:

- Your baby will be healthier.
- Your baby will be protected against illnesses, including diarrhea, colds and ear infections.
- Breastfeeding may protect against allergies and asthma.
- Your baby will be less likely to be overweight or obese in childhood.
- Your baby will be less likely to have problems with high blood pressure and blood cholesterol later in life.
- Breastmilk is perfect food for the human brain. Breastfed babies are more likely to do well in school.

For you:

- You will bleed less, and your uterus will return more quickly to normal size after the baby is born.
- Breastfeeding helps most women lose pregnancy weight more quickly and easily.
- There is a decreased risk of breast and ovarian cancer in women who breastfeed.
- Breastfeeding moms don't have to buy formula. You will save money. On average, the savings is about \$1,700 per year.

Things to do

Talk with your doctor about your plan to breastfeed.

Learn more about breastfeeding:

- Read books.
- Go to a support group.
- Go to a breastfeeding class.
- Schedule a prenatal appointment with Cheyenne Regional's Tender Care.



Learning New Skills

Healthy newborns should be placed skin-to-skin after birth until they have their first successful feeding.

After the first feeding, most newborns are difficult to wake to feed for the next 24 hours.

New babies should eat 8-12 times per day, or about every three hours. Most new babies will have times where they want to eat frequently (every hour or so.) It is good to feed your baby often and when the baby wants, because it helps you make a good milk supply.

Learning different breastfeeding positions will help make feeding easier.

Avoiding Common Problems

- If you are having problems, don't be afraid to call for help.
- Learn how to latch your baby to the breast correctly to prevent nipple pain.
- Avoid pacifiers and bottles in the first month, so that you will make a good milk supply and baby can learn how to feed from the breast.

Gather Support & Encouragement

Have at least one person who has successfully breastfed to call for support. Ask for help at home.

Is there someone who can:

- Bring meals to my home in the first week?
- Help with house cleaning?
- Pick up groceries?
- Be trusted with my new baby while I nap or run an errand?
- Watch my older children?