

# The Support You Need...

Breastfeeding provides the best nutrition for babies. As natural as it seems, it's not always automatic!

Many moms need help with the first steps. Our goal is to help you work through any issues early on so you can have a positive breastfeeding journey.

Inside, find local resources to help you along the way, as well as expert information to refer to when you want to learn more.

Please feel free to reach out to us by calling 660-646-5506 and asking to speak to Anita Perry, RN or Peer Counselor Shelby Hayes!

*This institution is an equal opportunity provider.*



## SUPPORT SERVICES...

**Mother-to-Mother Breastfeeding Support Group** the **first Tuesday of every month at 12 Noon**, one meeting per quarter is in person, the other are online, call **660-646-5506** for details.

**Prenatal Breastfeeding Class** is held on the **third Thursday of odd months from 6-7:30 p.m. in our classroom.**

**Weigh your baby or use our Nursing Nook** anytime we are open!

## BY APPOINTMENT...

**Women, Infants and Children (WIC)** is a federal program for **pregnant moms and kids under five** that offers **supplemental foods and nutrition education**. To **find out if you qualify**, call **660-646-5506** or visit our website at **livcohealthcenter.com**

**Immunizations...** Be sure to **keep your baby up to date on required immunizations** from communicable diseases. Immunizations are **done by appointment**. Call **660-646-5506** to make an appointment.

## HOW TO REACH US...

Come to our office at **800 Adam Drive** in Chillicothe, **call 660-646-5506** or **visit our website at livcohealthcenter.com.**



Find us on  
**Facebook**

Livingston County Health Center  
LivCo Peer Counselor



## Breastfeeding Support

One feeding or one year,  
Your Breastfeeding Peer  
Counselor is Here to Help



**Livingston County  
Health Center**





## WE OFFER...

### PRENATAL BREASTFEEDING CLASS

We offer an **informational class about breastfeeding for parents-to-be.**

#### Topics covered include:

- benefits to mom and baby
- positioning and latching to the breast
- common problems and solutions
- milk supply and how to tell if baby is getting enough
- what to expect in the hospital & returning to work.

Please **call or text our Peer Counselor Shelby at 660-654-5743** to get the next date for class!

### BREASTFEEDING NEWS

We produce a **bi-monthly newsletter** available at our office, or on our website at [www.livcohealthcenter.com](http://www.livcohealthcenter.com).

### MOTHER-TO-MOTHER SUPPORT GROUP

**Breastfeeding and expectant Moms** come together to share advice, concerns, information and encouragement.

The class meets on the **first Tuesday of each month** at noon. The group meets **in-person once a quarter**, otherwise, **meetings are held online**. Call **660-646-5506** for schedule.

### HOSPITAL GRADE BREAST PUMPS

Breast pumps are **available on loan** for **WIC and non-WIC clients**. Give us a call at **660-646-5506** to find out more.

## BREASTFEEDING CONSULTATION...

### Anita Perry, RN

International Board Certified  
Lactation Consultant

**MONDAY-FRIDAY 8 AM-4 PM**

**660-646-5506**

### Shelby Hayes

Breastfeeding Peer Counselor

**WORK DAY/ AFTER HOURS**

**660-654-5743**

## KNOW YOUR RIGHTS...

### MISSOURI BREASTFEEDING LAW

Missouri allows a mother, with discretion, to **breastfeed her child in any public or private location** where the mother is otherwise authorized to be.

## BREASTFEEDING SUPPLIES

### CHILLICOTHE FAMILY PHARMACY

504 WASHINGTON STREET  
**660-240-0828**

### HOMETOWN PHARMACY & HEALTHY LIVING STORE

601/609 LOCUST STREET  
**660-646-7455/0400**

## WEBSITES...

**Missouri Department of Health &  
Senior Services:** [www.dhss.mo.gov](http://www.dhss.mo.gov)