



**Breastfeeding  
Support for you**



# Breastfeeding can be tough!

## We're here to help.

### Find Resources...

- Ask your doctors or nurses (pediatricians, OB/GYN, nurse-midwives) for support.
- Find a peer counselor at a Women, Infants, & Children (WIC) office near you: [tinyurl.com/ILWICoffice](http://tinyurl.com/ILWICoffice)
- Talk to a lactation support professional (CLC, CLS, IBCLC).
  - IBCLCs near you: [tinyurl.com/findIBCLC](http://tinyurl.com/findIBCLC)
  - CLCs near you: [tinyurl.com/findCLC](http://tinyurl.com/findCLC)
- See if a home visitor can help: [tinyurl.com/findHV](http://tinyurl.com/findHV)
- Ask local social service organizations about peer support groups, online breastfeeding communities, and more!
- Discuss your breastfeeding needs with your child care provider.



Call the Illinois Women's Health-Line:  
(888) 522-1282

Visit [www.iphionline.org/breastfeeding](http://www.iphionline.org/breastfeeding)

Developed by the Illinois Public Health Institute, in partnership with the Illinois Alliance to Prevent Obesity, with support from the Centers for Disease Control & Prevention.