

# LOCAL RESOURCES FOR Breastfeeding Families

## For Community Members

### **Le Leche League**

Call, text, or message Cortland leaders  
(607) 414-2811

[www.facebook.com/cortlandlaleche](http://www.facebook.com/cortlandlaleche)

Phone support, home visits, support groups and classes

### **Guthrie Medical Center**

(607) 756-3750  
(24-hour help)

Phone support, office visits and classes

### **WIC**

(607) 753-6781  
[www.capco.org](http://www.capco.org)  
[www.wicstrong.com](http://www.wicstrong.com)

Phone support, office visits, peer support, support groups, classes and supplies (WIC members only)

## Online Help

- [www.kellymom.com](http://www.kellymom.com)
- [wicbreastfeeding.fns.usda.gov/](http://wicbreastfeeding.fns.usda.gov/)
- [www.llli.org](http://www.llli.org)
- [www.ncbi.nlm.nih.gov/books/NBK501922/](http://www.ncbi.nlm.nih.gov/books/NBK501922/) (LactMed)

## Prenatal & Postpartum Mood Disorder Help

### **Crouse Family Maternity Center**

(315) 470-7940

[www.crouse.org/services/maternity/familysupport](http://www.crouse.org/services/maternity/familysupport)

## Breastfeeding-Friendly Child Care Help

### **Child Development Council**

(607) 753-0106

[www.childdevelopmentcouncil.org](http://www.childdevelopmentcouncil.org)

## For Established Patients

### **Family Health Network**

(607) 758-3008

Phone support and office visits

### **Dr. Djarfari Pediatrics**

(607) 753-3051

Phone support and office visits

### **Guthrie Family Medicine**

(607) 753-9977

Phone support and office visits



# BREASTFEEDING READINESS Trimester Planning



## First Trimester

- Talk to your doctor, partner, family, and friends about your plan to breastfeed.
- Make a plan for prenatal care.
- Become aware of local breastfeeding resources. (See front.)
- Consider working with a doula or other birthing support.

Did you know you start to produce milk by 16 weeks?

## Second Trimester

- Take a breastfeeding class or read a breastfeeding book.
- Begin to collect items you need for breastfeeding. (Hint: There isn't much to collect!)
- Join a breastfeeding support group.
- Interview or talk to a breastfeeding mom about their experiences and how they overcame breastfeeding challenges.

Babies have a well-developed sense of smell and know their mama's specific breastmilk scent.

## Third Trimester

- Set up a "nursing station" in a comfortable or cozy spot in your home.
- Create a feeding plan for the first three days of breastfeeding. (Including where to find help if you need it!)
- Plan for lots of skin-to-skin contact with baby.
- Prep (freezer) meals and stock nutritious snacks for yourself for when baby comes.

Did you know that breastmilk is filled with special components that help fight infection?

## Fourth Trimester

- Get extra support while adjusting to a new sleep and feeding schedule.
- Be sure to get plenty of fluids and protein packed snacks. (Hint: You need more when breastfeeding!)
- Rest when needed.
- Ask for help if breastfeeding is painful or if you are having any challenges.

Breastfeeding allows your body to recover from pregnancy and childbirth more quickly.

To view a digital version of this resource flyer with clickable links, visit:  
[www.sevenvalleyshealth.org/cbp](http://www.sevenvalleyshealth.org/cbp)



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