

# BREASTFEEDING RESOURCES

## WASHINGTON & OZAUKEE



### LOCAL LACTATION SUPPORT



#### Aurora Medical Center-Grafton

262-329-4907

- Outpatient Lactation Support
- Virtual Breastfeeding Class
- Breast Pump Rentals
- Mommy & Me Support Group



#### Children's Wisconsin

414-266-1757

- Lactation Support Groups at Greenfield Clinic



#### Froedtert West Bend & Town Hall Health Center - Menomonee Falls

West Bend: 262-836-8386

Menomonee Falls: 262-257-5057

- Outpatient Lactation Support
- The Lactation Club - Breastfeeding Support Group
- Breastfeeding Classes
- Milk Depot - w/ Mother's Milk Bank of the Western Great Lakes



#### Washington Ozaukee Public Health Department

262-284-8170

WIC Peer Counselor: 262-808-7195

- Lactation Support
- Breast Pump Rentals
- WIC Infant Feeding Class
- On-Site Mommy & Me Support Group

# KNOWING YOUR RIGHTS

## Fair Labor Standards Act (FLSA)

### Providing Urgent Maternal Protections for Nursing Mothers Act (PUMP ACT)-

Employers are required to provide "reasonable break time and a place, other than a bathroom, that is shielded from view to express breast milk while at work. This right is available for up to one year after the child's birth."

## Wisconsin State Statute 253.165 -

"A mother can breastfeed her child in any public or private location where the mother and child are otherwise authorized to be. In such a location, no person may prohibit a mother from breastfeeding her child, direct a mother to cover her child or breast while breastfeeding, or to otherwise restrict a mother from breastfeeding".

## WEBSITES & APPS

[healthychildren.org](http://healthychildren.org)

[kellymom.com](http://kellymom.com)

[milkbankwgl.org](http://milkbankwgl.org)

[wicbreastfeeding.fns.usda.gov](http://wicbreastfeeding.fns.usda.gov)

[womenshealth.gov/breastfeeding](http://womenshealth.gov/breastfeeding)

[workandpump.com](http://workandpump.com)

## LEARN MORE



# MEDICATIONS & BREASTFEEDING

When you are breastfeeding please remember to contact your doctor before taking any medication (prescription, over the counter, vitamins/supplements).

## BREAST PUMPS

1. Contact your insurance provider
2. Ask how to order your personal electronic pump
3. You may need to order the pump through a Durable Medical Equipment Provider (DME) and it may require a prescription or Prior Authorization from your Provider.
4. Check with a lactation consultant to ensure you chose a good quality breast pump and are using appropriately sized flanges.

As of 2022, ForwardHealth (BadgerCare Plus and Medicaid) covers the purchase of a maximum of three breast pumps per member per lifetime. Most Private Health Insurances cover breast pumps.

