

WIC (Women, Infant & Children)

Dear Mother-to-be,

Breastfeeding is a skill you can start learning about before your baby is born. Breastfeeding is important because breastmilk has many elements that protect your baby against infection. It goes more smoothly if you get off to a good start. Knowing where to get help is important. Listed below are some local programs that may be helpful to you.

Resources for Breastfeeding, Childbirth and More!

1) WIC (Women, Infant and Children) in Collier County

Having trouble getting your baby to latch? Wondering if your baby is getting enough breast milk? These are just a couple of the questions the WIC breastfeeding team can help you with. They are just a phone call or visit away and will help you whenever you have a problem or concern. WIC offers classes to expectant mothers to learn more about breastfeeding, its benefits, and common challenges. Classes are free and open to the public. ***Our Lactation Consultant, Lactation Counselors and Breastfeeding Peer Counselors are here to help you and your baby have a successful breastfeeding experience.*** Just call or visit us at one of our locations:

Naples: (239) 252-6875; 3339 Tamiami Trail East, Naples, FL 34112

Immokalee: (239) 252-7312; 419 North 1st Street, Immokalee, FL 34142

Breastfeeding Support Line-after hours (239) 252-5531.

www.floridahealth.gov

Breastfeeding Classes (English)

Naples WIC office: Thursday 11:30 am

Immokalee WIC office: Tuesday 11:45 am

Breastfeeding Classes (Spanish)

Naples WIC office: Tuesday 11:30 am

Immokalee WIC office: Thursday 11:45 am

Breastfeeding Support Groups

Naples WIC office: Wednesday: 11:30 am

Immokalee WIC office: Monday: 3:30 pm

2) The Family Birth Center of Naples - offers classes in breastfeeding, natural childbirth, infant massage and more.

Contact: (239) 594-0400

www.naplesbirthcenter.com

3) La Leche League - Pregnant or breastfeeding women and their babies are welcome. Learn about breastfeeding from mothers who are breastfeeding. Meetings are held every 2nd Friday of the month from 10 am – Noon and the 3rd Tuesday of the month in the evenings from 5:15-6:45 pm at Center Point Community Church, 6590 Golden Gate Pkwy. No Tuesday evening meetings over the summer.

www.LaLecheLeague.org Contact: (239) 287-5368 or (239) 404-4933

4) Community Pregnancy Clinic - offers a free pregnancy test and/or ultrasound, assistance with car seats, diapers, cribs, etc. Counseling and referral services also available. 940 5th Avenue North, Naples 34102

Contact: (239) 262-6381

5) North Collier Hospital (NCH)/The Birth Place - offers breastfeeding and childbirth classes as well as breastfeeding support. Contact the education office for fees and schedules or visit their website.

** Scholarship money is available for those who need financial assistance.

Lactation Center: (239) 624-6218

www.nchmd.org

6) 211 - Collier 211 is a free 24-hour non-emergency human services helpline available to those in need in Collier County. The 211 service is for referral to health and social services that provide food, housing, medical, child care services and more!

Dial 211 or (239)263-4211

<http://www.unitedwayofcolliercounty.org/2-1-1>

7) Recommended Reading

“The Breastfeeding Book,” “The Birth Book,” and “The Pregnancy Book,” all by William Sears, MD

“Why Should I Nurse My Baby?” by Pamela K. Wiggins, & Joanna Wiggins Garofalo

“The Essential Guide to Breastfeeding” by Marianne Neifert, MD.

“The Womanly Art of Breastfeeding” or “Mothering Your Nursing Toddler” La Leche League Intl.

8) Other Resources

www.LaLecheLeague.org

www.globalhealthmedia.org/videos/breastfeeding

www.KellyMom.com

9) Florida Breastfeeding Coalition, Inc. www.flbreastfeeding.org

License to Breastfeed in Public. It’s the Law in FLORIDA!

Enacted by the Legislature of the State of Florida:

Section 1. The breastfeeding of a baby is an important and basic act of nurture which must be encouraged in the interest of maternal and child health and family values.

A mother may breastfeed her baby in any location, public or private, where the mother is otherwise authorized to be, irrespective of whether or not the nipple of the mother’s breast is covered during or incidental to be breastfeeding.

House bill no. HB 231 Fl.ALS 4; 1993 Fla. Laws ch 4; 1993 Fla. HB 231 Fla. Stat. § 383.015, § 800.02 – 00.04, § 847.001 (later: § 827.071)”

*****Remember! Choose a pediatrician that is knowledgeable and encourages exclusive breastfeeding. When interviewing pediatricians, ask if they have a nurse who can help you with breastfeeding.***

“WIC is an equal opportunity provider.” If you need assistance or accommodation to participate in one of our programs or services, please call the Florida Department of Health-Collier County Equal Opportunity Coordinator at (239) 316-5090, Fax (239) 417-6208. TDD services are also available by calling (239) 252-8801.