



Breastfeeding is a family affair, and dad's are an important part of the team!



Helpful resource tailored to dads.

NATIONAL HELP LINES & ONLINE RESOURCES

La Leche League

1-877-4-LALECHE (1-877-452-5324)

National Women's Health information center

1-800-994-9662

National Maternal Mental Health Hotline

1-833-943-5746 Hotline

Infant Risk Center

1-806-352-2519
www.infantrisk.com

International HL. for Postpartum Support

1-800-944-4773

ICO 4 MCH
Sandhills Collaborative
CUMBERLAND • HOKE • RICHMOND • MONTGOMERY • SCOTLAND



IMPROVING COMMUNITY OUTCOMES FOR MATERNAL CHILD HEALTH (ICO4MCH)

Provide breastfeeding stations for use in most county buildings and some local retailers





RESOURCES FOR MILITARY FAMILIES!

Fort Liberty New Parent Support Program

Fort Liberty NPSP (910)-396-7951

Military Mommies
Tricare Breast pump Prescription Fulfillment

www.militarymommies.com
(910)-920-0181

The Carry On Project - Fort Liberty

 TCOP Fort Liberty

Area Hospitals with Lactation Support

Cape Fear Vally Health System
(910)-615-7594

First Health Moore Regional Hospital
(910)-715-2068

Womack Army Medial Hospital
(910)-907-8367

Cumberland County Department of Public Health
(910)-436-3600

Scotland Memorial Hospital
(910)-291-7000

Moms with breastfeeding support breastfeed longer!

By using numerous support services, new parents who are interested in breastfeeding can significantly improve their overall health and wellbeing. A thorough and multifaceted approach to breastfeeding support is provided by seeking the help of an International Board Certified Lactation Consultant (IBCLC), working with a doula, attending educational sessions, and joining a support group.

These invaluable tools give essential instruction, tailored assistance, emotional support, and effective problem-solving skills, greatly increasing the likelihood of a good and successful breastfeeding experience.

ICO4MCH Sandhills works collaboratively within the region to improve birth outcomes, reduce infant mortality and improve health among children aged zero to five.

Our aim is to encourage reproductive life planning, support breastfeeding success and promote positive parenting. We have a number of evidence based programs to support you in early parent hood. Visit us on Facebook and connect with us through your local health department to learn more!