



Breastfeeding Coalition of Calhoun County

BREASTFEEDING RESOURCE GUIDE FOR CALHOUN COUNTY

Developed by the Breastfeeding Coalition of Calhoun County

Vision Statement: Breastfeeding is supported in all environments to promote optimal health and development.

WHY is Breastfeeding Important? Breastmilk is a superfood which changes and adapts to meet baby's needs. Breastfeeding protects babies from SIDS, pneumonia, ear infections, gastroenteritis, obesity and asthma. Breastfeeding also reduces incidence of postpartum depression, breast cancer, ovarian cancer and heart disease for mothers.

FREE LOCAL BREASTFEEDING SUPPORT OPEN TO THE PUBLIC

Bronson Battle Creek Outpatient Breastfeeding Clinic

269.245.8586

www.bronsonhealth.com

Call to schedule a session with a professional to help resolve breastfeeding issues.

FREE LOCAL BREASTFEEDING SUPPORT FOR ENROLLED CLIENTS

Bronson Battle Creek In-Patient Consultation:

269.245.8586

Assistance in the birthing room to get a successful start to breastfeeding.

Calhoun County Public Health Department WIC:

269.969.6860

www.calhouncountymi.gov

Facebook: Calhoun County PHD WIC Program

WIC Breastfeeding Peer Counselors, after hours:

269.339.1669 (call or text)

Facebook: WIC Breastfeeding Connections

Grace Health:

269.965.8866, ask to speak with a lactation consultant

www.gracehealthmi.org

Nottawaseppi Huron Band of the Potawatomi:

269.729.4422

www.nhbpi.com

(Federally Recognized Tribal Members Only)

Oaklawn Hospital:

269.789.3929

www.oaklawnhospital.org

FREE LOCAL BREASTFEEDING SUPPORT THROUGH HOME VISITING SERVICES

Home Visiting Services in Calhoun County: Home visiting agencies provide one on one services, including breastfeeding support, to enrolled mothers and families with infants and young children. Dial 2-1-1 for a referral, or contact the program for enrollment criteria.

- **Community Action Early Head Start Expectant Mother Program:** www.caascm.org, 269.965.7766
- **Cradle Connections Maternal Infant Health Program:** 517.465.7200
- **Nurse-Family Partnership:** www.nursefamilypartnership.org, 269.969.6392
- **Silver Lining Maternal Infant Health Program**, for Spanish speaking families: 269.473.6060
- **Twenty Hands Maternal Infant Health Program:** 269.459.8091

LOCAL BREASTFEEDING CLASSES

Bronson Battle Creek: 269.341.7723

Successful Breastfeeding - Battle Creek Class

www.Bronsonhealth.com/classes-events

Fee applies.

Calhoun County Public Health Department WIC: 269.969.6860

"Ready, Set, GO!" Live Series

Free for enrolled clients.

Oaklawn Hospital: 269.789.3929

Breastfeeding & Prenatal Class Series

www.oaklawnhospital.org/services/birth-center/pages/childbirth-education-classes/

Fee applies.

BREASTFEEDING SUPPORT GROUPS

Sistah to Sistah African American support group for pregnant and breastfeeding women: 248.842.9109

Call for meeting schedule and more information.



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Did you know? The American Academy of Pediatrics recommends exclusive breastfeeding for baby's first 6 months, followed by continued breastfeeding as complementary foods are introduced, with continuation of breastfeeding for 1 year or longer, as mutually desired by the mother and infant.

COMMUNITY RESOURCES

Birth Kalamazoo: 269.598.1488. Birth and postpartum doula services, natural childbirth and breastfeeding classes, and other supports available. Serving Kalamazoo and surrounding area, including Calhoun County. www.birthkalamazoo.com

Born to Breastfeed: Find Calhoun County resources for women of childbearing age, pregnant women and infants. For more information, visit: www.borntobehealthy.org/borntobreastfeed.htm.

Breastfeeding Coalition of Calhoun County: A collaborative group working together to promote, protect and support breastfeeding for all women in Calhoun County. To join the Coalition, or for more information, contact the Regional Health Alliance at 269.962.2181.

Certified Birth Doula, Heather Butts: 269.275.9963. Birth doula services, child birth education and breastfeeding support. Inclusive services, including LGBTQ+ family friendly services. www.facebook.com/doulaheathercross/

Children's Special Health Care Services: 800.359.3722. Assists families of children with special healthcare needs in finding, accessing, and paying for specialized medical care. Call for details.

Michigan Breastfeeding Network: Leading statewide collaborative actions for advocacy, education and coalition building to create a supportive breastfeeding culture. www.mibreastfeeding.org

Southern Michigan Doulas and Childbirth Education: 269.274.2925. www.michigandoulas.com

ONLINE RESOURCES

www.borntobehealthy.org/borntobreastfeed.htm

www.breastfeeding-problems.com

www.breastmilkcounts.com

www.coffective.com

www.facebook.com/groups/TransReproductiveSupport/

www.kellymom.com

www.lilli/breastfeeding-info/transgender-non-binary-parents/

www.newdadmanual.ca

www.womenshealth.gov

www.workandpump.com

BREASTFEEDING ANYTIME, ANYWHERE

Support breastfeeding families, anytime, anywhere by hanging a window cling or poster. For your free cling, call 269.962.2181.

BREASTFEEDING IN THE WORKPLACE

A workplace breastfeeding support program has proven to increase employee retention and productivity, lower healthcare costs and decrease sick days. The Breastfeeding Coalition is available to assist area employers develop a simple cost-effective lactation support program for employees, including recommended room size and sample lactation support policies. Call 269.962.2181 for information.

EVENTS

The Calhoun County Big Latch On

1st Saturday in August

McCamly Park, Battle Creek

10 a.m.

www.biglatchon.org

Breastfeeding women locally and around the world breastfeed their babies at the same time for one minute. Join us to help surpass the world record! This celebration is part of the global Big Latch On, a worldwide event that aims to promote, support and normalize breastfeeding.

Hosted by the Breastfeeding Coalition of Calhoun County.

Calhoun County Fair - Kid's Day

Visit the Breastfeeding Coalition of Calhoun County's Booth on Kid's Day in August

www.calhouncountyfair.org

Healthy Babies Day of Albion

September

[Facebook.com/healthybabiesdayalbion/](https://www.facebook.com/healthybabiesdayalbion/)

An annual community event connecting Albion area families with information and resources to promote infant health and safety.

CONNECT WITH US! BREASTFEEDING COALITION OF CALHOUN COUNTY @ [FACEBOOK.COM/BFCCCMICHIGAN](https://www.facebook.com/BFCCCMICHIGAN)