



How to be confident your baby is getting enough breastmilk...

Your infant is active and alert and breastfeeding about 8-12 times in a 24-hour period.
You hear and see your infant swallow during breastfeeding.
Your infant has clear or pale yellow urine and 6 or more soaking wet diapers daily by the 5th day of life.
Your infant has 3-4 dirty diapers a day, changing to yellow, by the 5th day of life.
Your infant comes off of the breast looking content.
Your breasts may feel full before a feeding and less full and softer after a feeding.
Breastfeeding your infant is comfortable.
Your infant regains his or her birth weight and is gaining up to 6 ounces per week.

Talk to people who know about breastfeeding.

Ask lots of questions and get help if you are feeling unsure.
Be patient with yourself and your new baby.
Breastfeeding gets easier with practice and experience.
If you have any questions or concerns, please ask for help.

Reasons you might call a breastfeeding specialist:

You are concerned that your infant isn't getting enough breastmilk.
You are experiencing pain in your nipples or breasts.
You're thinking about using a breast pump, how to use one and where to get one.

Regional Breastfeeding Resources list with more details available at:
www.northlandbreastfeedingcoalition.org
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Local Area Hospitals

Ashland Birth Center 715-813-0441
 Community Memorial Hospital 218-879-4641
 North Shore Health 218-387-3040
 Essentia Deer River Hospital 218-246-4499
 Ely Bloomenson Hospital 218-365-8710
 Essentia SMMC Hospital 218-786-4477
 Fairview Range Medical 218-362-6641
 Grand Itasca Medical Center 218-999-1335
 Mercy Hospital 218-485-5521
 Memorial Medical Center 715-685-5330
 Riverwood Hospital 218-927-2121
 St. Luke's Hospital 218-249-5605
 Essentia Virginia Hospital 218-748-7750

Public Health & Human Services & WIC

Aitkin Co. Public Health & WIC 218-927-7200
 Ashland Co. Public Health 715-682-7028
 Bad River Health Services 715-682-7133
 Bayfield Co. Public Health 715-373-6109
 Bay Area WIC Program 800-878-4874
 Carlton Co. Public Health & WIC 218-879-4511
 Cook Co. Public Health 218-387-3611
 Cook Co. WIC 218-387-2330
 Fond du Lac Public Health & WIC
 888-888-6007, 218-726-1370
 Grand Portage Health Services 218-475-2235
 Itasca Co. Public Health & WIC 218-327-6169
 Koochiching Co. Public Health & WIC
 218-283-7070
 Lake Co. Public Health & WIC 218-834-8434
 NW WI Community Services Agency
 Douglas County WIC 715-394-2750
 Red Cliff Community Health Center
 715-779-3707 x2233
 St Louis Co. Public Health & WIC 218-725-5210

Community Support Breastfeeding Services

La Leche League of Duluth 218-499-9504

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