

Breastfeeding Support Resources



- [La Crosse County WIC Program](#)
608-205-8755
 - **La Crosse County WIC Breastfeeding Peer**
608-205-8019
 - [Emplify \(Gundersen\) Health System](#) Lactation
608-775-6876
 - [Mayo Clinic Health System Family Birth Center](#)
608-392-9789
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Videos spoken in Hmong with English subtitles:

1. [Breastmilk is Best for Babies and Moms](#). Leej Niam Cov Kua Mis Yog Ib Yam Zoo Tshaj Rau Cov Me Nyuam thiab Cov Niam
 2. [Getting Ready to Breastfeed](#). Npaj Pub Niam Mis Rau Me Nuam
 3. [Breastfeeding and Going Back to Work](#). Pub Niam Mis thiab Rov Qab Mus Ua Hauj Lwm
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- Free online classes, videos, and more: [Wisconsin WIC – HUG Your Baby](#)
- Reliable websites:
 - USDA WIC Breastfeeding Support: [Homepage](#) | [WIC Breastfeeding Support](#)
 - DHS Office on Women’s Health: [Breastfeeding](#) | [Office on Women's Health](#)
 - Breastmilk Counts (Texas WIC): [Video Blogs](#) | [Get Help](#) | [BreastmilkCounts.com](#)
 - USBC Workplace Guide: [Workplace Support in Federal Law](#)
 - Infant Risk Center: [Breastfeeding](#) | [InfantRisk Center](#)
 - Western Great Lakes Mother’s Milk Bank: [About Us - Milk Bank WGL](#)