

# Breastfeeding Promotion & Support



The American Academy of Pediatrics recommends exclusive breastfeeding for the first six months, and that breastfeeding continue for at least 12 months and beyond.

The La Crosse County Health Department is committed to promoting and supporting mothers and infants in meeting their breastfeeding goals.

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## **The Western Wisconsin Breastfeeding Coalition**

**Serving: La Crosse, Monroe, Trempealeau, & Vernon County**

- This group meets every other month at the La Crosse County Health Department
  - Facebook: <https://www.facebook.com/groups/lacrossebreastfeedingcouncil/>
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### **Additional Resources:**

#### **The La Crosse County WIC & Nutrition Program**

**Phone: 608-785-9865**

**Email: [laxwic@lacrossecounty.org](mailto:laxwic@lacrossecounty.org)**

**Like us on Facebook! <https://www.facebook.com/wicandnutrition>**

#### **Monroe County Health Department:**

<http://www.co.monroe.wi.us/departments/health-department/>

#### **Trempealeau County Health Department:**

<http://www.tremplocounty.com/healthdept/DEFAULT.asp>

#### **Vernon County Health Department:**

<http://www.vernoncounty.org/PH/index.htm>



*“A newborn baby has only three demands. They are the warmth in the arms of its mother, food, from her breasts, and security in the knowledge of her presence. Breastfeeding satisfies all three.”*

*-Grantly Dick-Read*