



# It's Worth It!

## Community Support



### Community Support

You don't have to do it alone! Community support is available to you right here in Connecticut. This includes your healthcare providers, family, friends, workplace, school, and a variety of local support organizations and resources. Having good support can help you meet your breastfeeding goals.

### Healthcare Providers

Many moms say that getting support from their healthcare providers helped them meet their breastfeeding goals. In addition to your OB/GYN and your baby's pediatrician, there are many types of healthcare providers available. Understanding how they can work with you to make breastfeeding a success is key.

An International Board Certified Lactation Consultant (IBCLC) specializes in the clinical management of breastfeeding. Many IBCLCs are also doctors, nurses, or dietitians. You can find an IBCLC on the International Lactation Consultant Association website available at <http://www.ilca.org/main/why-ibclc/falc>.

In addition to IBCLCs, there are other breastfeeding specialists who can help. To learn more about available providers, visit [http://www.zipmilk.org/Landscape\\_of\\_Breastfeeding\\_Support.pdf](http://www.zipmilk.org/Landscape_of_Breastfeeding_Support.pdf).



### Breastfeeding Peer Counselors

Breastfeeding Peer Counselors are moms in your community who are breastfeeding or have breastfed in the past. They have received breastfeeding training to support you in meeting your feeding goals.

The Connecticut Special Supplemental Nutrition Program for Women, Infants and Children (WIC) provides breastfeeding education and support to all moms that qualify for the WIC Program. The WIC Program also provides breastfeeding peer counselor services in many of its locations. To learn more and locate your local WIC agency, please visit <https://portal.ct.gov/DPH/WIC/Find-a-Local-Agency>

***“Breastfeeding is the most rewarding thing I have ever done, but I couldn't do it without an incredible group of friends that have helped me along the way.”***

## Family & Friends

Find your breastfeeding circle of support. Share your choice to breastfeed with family and friends and work together to come up with a plan. How will they help take care of you and your new baby? Be mindful of the first few days after you leave the hospital. Decide who will help with housework, meals, and caring for your other children while you focus on breastfeeding and getting to know your new baby. You can use the **Make a Plan checklist** available at <http://www.itsworthitct.org/make-a-plan.html> to assist you in making a good plan.

## Work & School

Before you give birth, talk to human resources, your supervisor, or student services to learn about any breastfeeding policies. You can use the **Make it Work checklist** available at <http://www.itsworthitct.org/make-it-work.html> to help ensure that your employer or school are included in your support network.

Be aware of federal and state breastfeeding laws that protect you and your right to breastfeed or pump breast milk when at work. Connecticut's Breastfeeding in the Workplace law can be found here <http://www.breastfeedingct.org/laws.html>.

## Breastfeeding in Public

Connecticut law protects your right to breastfeed in public. You do not need to go to a special area or a restroom, or cover the baby with a blanket or towel. Owners, managers, and employees of a public place cannot request that you stop breastfeeding, cover up, or move to another room. For more information about your rights, please visit <http://www.breastfeedingct.org/laws.html>.

## Community Resources

### Check your local hospital!

Many local hospitals in CT offer their own resources for breastfeeding support groups, education and community provider referrals.

### La Leche League

Monthly in-person group support meetings throughout the state, virtual monthly Facebook meetings, non-emergency phone helpline and online resources. Assistance available in Spanish.

<http://www.lllct.org/>

860-563-662 or [help@lllct.org](mailto:help@lllct.org)

### Breastfeeding USA

Breastfeeding counselors available through monthly in-person group meetings throughout the state, active Facebook chat, and phone or email.

<http://www.ctbreastfeedingusa.org/>

### HUSKY Healthy Beginnings

Free program for HUSKY members. Helps make appointments and provides transportation.

Services also include assistance with housing, WIC, breast pumps and baby supplies.

800-859-9889 ext. 2025

### ZipMilk

Locate lactation help near you, search by your zip code.

[www.zipmilk.org](http://www.zipmilk.org)

### Connecticut WIC Program

Qualified participants receive breastfeeding and nutrition education plus supplemental foods.

<https://portal.ct.gov/DPH/WIC/WIC>



#### Sources:

1. Centers for Disease Control and Prevention. Strategies to Prevent Obesity and Other Chronic Diseases: The CDC Guide to Strategies to Support Breastfeeding Mothers and Babies. Atlanta: U.S. Department of Health and Human Services; 2013.
2. Connecticut Breastfeeding Coalition. Legal Protection for Breastfeeding Mothers. Accessed on 7/26/2018 at <http://www.breastfeedingct.org/laws.html>