

# Breastfeeding Basics



A publication of the Finger Lakes Regional Perinatal Forum



**A guide to help you  
breastfeed your baby**

## Finding support

It is very helpful to have the support of your family and friends when you are learning how to breastfeed. If none of them has successfully breastfed a baby, you may want to find a breastfeeding support group. Check with your health care provider, the maternity unit at your hospital, or the local WIC office for suggestions. You can also check the internet or phone book for a local La Leche League chapter. La Leche League is an international organization that supports breastfeeding women.

For quick reference, record the following names and numbers here.

Your Doctor: \_\_\_\_\_

Your Baby's Doctor: \_\_\_\_\_

Lactation Consultant: \_\_\_\_\_

Home Health Nurse: \_\_\_\_\_

Peer Counselor: \_\_\_\_\_

La Leche League Leader: \_\_\_\_\_

Maternity Unit where you delivered: \_\_\_\_\_

WIC Office in your area: \_\_\_\_\_

Home Visiting Program: \_\_\_\_\_

Other: \_\_\_\_\_

Developed by the Breastfeeding Workgroup  
of the Finger Lakes Regional Perinatal Forum  
with support from the New York State Department of Health

First Edition 2004  
Second Edition 2009

This guide may be copied and freely distributed.

This guide is available on-line at [http://www.urmc.rochester.edu/flrpp/  
Regional%20Perinatal%20Forum/index.htm](http://www.urmc.rochester.edu/flrpp/Regional%20Perinatal%20Forum/index.htm)

While every effort has been made to ensure that the information contained in this guide is accurate and up-to-date, errors are possible. If you find an error, please contact Cynthia Childs at [cynthia\\_childs@urmc.rochester.edu](mailto:cynthia_childs@urmc.rochester.edu) or 585-758-7845.