

# **Breastfeeding 411**

**Michele T.**

Some of the resources that help me through the transition of nursing were, one, the Internet. I did a lot of online communities and kind of read up on things to sustain milk supply and get through the tough time.

**Michelle K.**

I like to be as prepared as possible for anything that I venture into. I needed to find as many resources as possible for breastfeeding because I had no idea what I was doing. The Breastfeeding Center was fantastic. So much so that I have even with other friends who have breastfed have been able to look up one in their area and say, "Hey, go here."

**Michele T.**

We had a lactation consultant group in our area that I called and they actually made house calls. She was able to be on call at any time that I had any other issues or any other concerns moving forward.

**Ekere Ekandem Olajala, Mary's Center WIC Director**

The greatest resource for challenges, especially participants in the WIC program, are our breastfeeding peer counselors. They are generally within the same peer group so that is why we call them breastfeeding peer counselors. They have experience. They have breastfed their children for six months or longer so they're able to talk about the challenges that they had.

**Patrice**

I went to a midwife at a birthing center and the way it was structured was at your last trimester of your pregnancy was a group setting so your appointments you were with other mothers. You sat in a circle and for the most part we talked about breastfeeding. That was a very big component of what they do at the birthing center.

**Shauné**

I have talked to my OB/GYN who gave me a lot of resources in terms of how to breastfeed for twins. My mom gave me a book on breastfeeding nursing for twins and just kind of armed myself with the knowledge and decided to go forward with it.