



State and National Breastfeeding Resources

Texas Lactation Support Hotline
1-855-550-6667

Image Source: © Texas Health and Human Services

Texas Mother-Friendly Worksite Program

Share information on the Texas Mother-Friendly Worksite Program with your employer for help in developing a lactation support policy, exploring creative solutions for private, non-bathroom lactation spaces for breast milk expression and creating a supportive environment.

For more information, visit:

dshs.texas.gov/TexasMotherFriendly

Check out the Employee Guide for Taking Leave brochure to find tips on how to develop a plan for successful return to work after the birth of your baby.

Supplemental Nutrition Program for Women, Infants, and Children (WIC)

The Texas WIC Program offers nutritious food packages and breastfeeding support to income eligible participants. Those who qualify include pregnant women, women who have given birth within the last six months, and families with children up to age five.

For more information, visit: TexasWIC.org.

Visit BreastmilkCounts.com to find information such as:

- Build and share your breastfeeding plan with your doctor.
- Review the Texas Ten Step directory map to find out if your hospital is designated.
- Search the Texas Lactation Support Directory for local breastfeeding help.
- Check out these educational videos for more help! breastmilkcounts.com/get-help/video-blogs/

Office on Women's Health

- General breastfeeding information: WomensHealth.gov/breastfeeding
- Breastfeeding at home, work, public: WomensHealth.gov/breastfeeding/breastfeeding-home-work-and-public
- It's Only Natural: WomensHealth.gov/its-only-natural

Center for Disease Control and Prevention (CDC)

- General breastfeeding information: CDC.gov/breastfeeding/
- Cleaning your breast pump: CDC.gov/hygiene/about/about-breast-pump-hygiene.html
- Cleaning and storing infant feeding items: CDC.gov/hygiene/faq/

La Leche League International (LLL)

- Working and breastfeeding: LLL.org/breastfeeding-info/working-and-breastfeeding
- Choosing a daycare provider: LLL.org/breastfeeding-info/working-and-breastfeeding-choosing-a-child-care-provider/
- Breastfeeding online support communities hosted by LLLI:
 - Find a local LLL leader: LLLUSA.org/locator/
 - La Leche League of Texas: TexasLLL.org



Texas Department of State Health Services

Scan the QR code or visit our website to learn more and get involved.

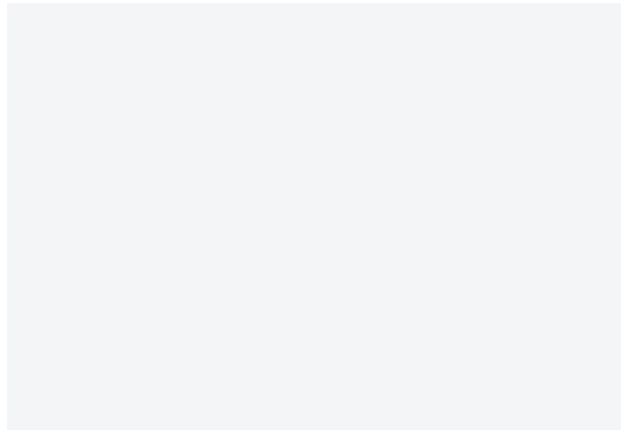
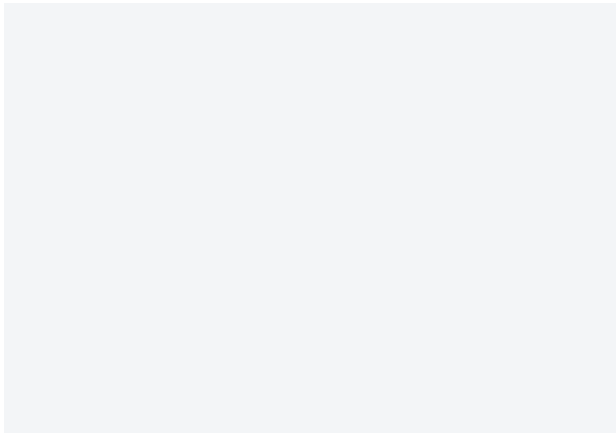
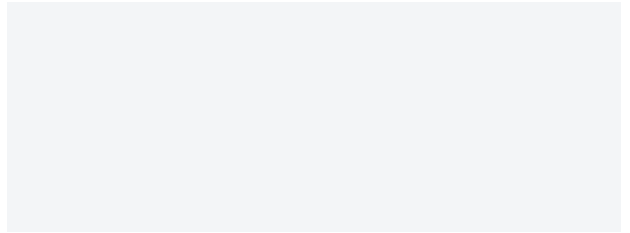
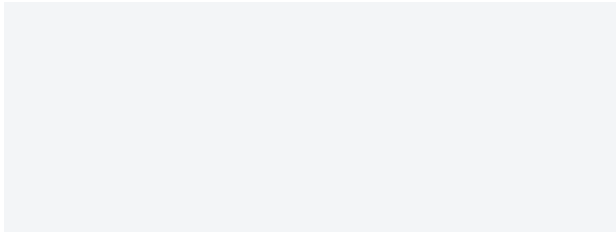
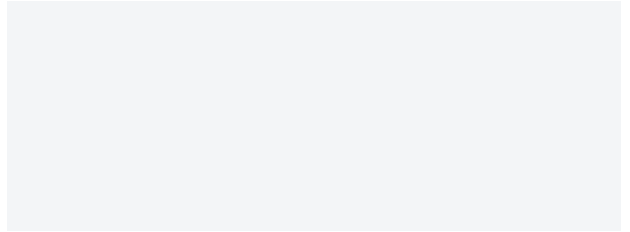
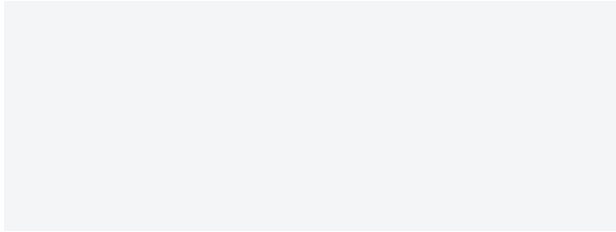
dshs.texas.gov/BreastfeedingAwareness



Local Breastfeeding Resources



Image Source: © Texas Health and Human Services



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