

# Resources for New Parents

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## *Feeding Your New Baby*

Health Department  
WIC Program  
Phone:

Nurse  
Phone:

Breastfeeding Specialist  
Phone:

Doctor  
Your doctor  
Phone:

Your baby's doctor  
Phone:

Child birth Educator  
Phone:

Friends and Family Members  
Phone:  
Phone:  
Phone:

Hospital Classes  
Phone:

County Extension Service  
Phone:

Lactation Consultant  
Phone:

Public Library  
Phone:

American Dietetic Association Hot Line  
Phone: 1-800-366-1655

La Leche League  
Phone:  
Phone: 1-800-LA LECHE

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## Some Good Books to Read

Child of Mine by Ellyn Satter

Bestfeeding: Getting Breastfeeding Right for You by May Renfrew, Chloe Fisher and Suzanne Arms

The Nursing Mother's Companion by Kathleen Huggins

Breastfeeding Your Baby by Nursing Mothers Council of the Boston Association for Childbirth Education

The Womanly Art of Breastfeeding by La Leche League

Nursing Your Baby by Karen Pryor and Gale Pryor

Adapted from Michigan WIC/United Dairy Industry of Michigan Nutrition Education Module, "Feeding Your New Baby"

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Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, The University of Georgia College of Agricultural and Environmental Sciences and the U.S. Department of Agriculture cooperating. Gale A. Buchanan, Dean and Director

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November 2002  
Publication Number: FDNS-NE 1401