

## Breastfeeding Education Topics for weeks 36-40+



Try to review all the breastfeeding information you have received over the past 9 months as you finish your preparation for the arrival of your newborn. You will receive a booklet after the birth of your baby for even more breastfeeding information and resources.

If you have any questions or want to review any topics, please ask to speak with a nurse at your next visit or call 708-216-4033.

Please call **Loyola Lactation Services** at **708-216-3592** if you have any additional questions or concerns. We cannot wait to meet you and support your breastfeeding journey!

### Breastfeeding Resources

- ✓ Loyola Postpartum Unit: 708-216-9567 (available 24 hours a day)
- ✓ La Leche League (information and support groups): [lalli.org](http://lalli.org)
- ✓ [Firstdroplets.com](http://Firstdroplets.com)
- ✓ [Kellymom.com](http://Kellymom.com)
- ✓ Dr Thomas Hale Infant Risk Center (medications and breastfeeding): [infantrisk.com](http://infantrisk.com)
- ✓ Office of Women's Health (supporting nursing moms at work): [womenshealth.gov](http://womenshealth.gov)



Check out these short videos from Illinois Public Health Institute for some additional breastfeeding education, tips, and tricks.