

PRACTICE 10



Provide mothers options for breastfeeding support in the community (such as a telephone number, walk-in clinic information, support groups, etc.) upon discharge

A. Mothers are routinely referred to a support group, outpatient clinic, local lactation specialist or community resource to call for breastfeeding assistance after discharge.

B. The facility has a system of follow-up support for breastfeeding mothers after discharge, such as early postnatal or lactation clinic check-ups, home visits, telephone calls.

Once a family leaves the hospital, they will have questions and concerns that they did not ask about while in your care.

Routine referral to a trusted resource is essential in supporting these families. It is important that all Health Care Providers are aware of the community resources available to your families. This allows you to give parents a variety of resources for support that will ensure that every family finds a comfortable place to get accurate information.

Resources:

- Kansas Breastfeeding Coalition [“Support for breastfeeding employees and students”](#)
- Kansas Breastfeeding Coalition [“Local Breastfeeding Support” and breastfeeding hotlines.](#)
- [Women Infants and Children \(WIC\) website](#), good information for parents on many topics including pumping and going back to work or school.
- La Leche League USA [“Pumping Milk”](#)
- La Leche League USA [“Working and Breastfeeding”](#)
- [Office on Women’s Health](#) website with information on going back to work
- [Texas Ten Step Toolkit](#) from the Texas Department of State Health Services, Nutrition Services Section
- Good handouts for parents and staff can be found at [Carolina Global Breastfeeding Institute.](#)