



CASPER-NATRONA
COUNTY HEALTH DEPARTMENT

BREASTFEEDING & LACTATION SERVICES

If mothers get the support they need in the first 4 weeks of a new baby's life, they are more likely to keep breastfeeding and more likely to meet their breastfeeding goals than mothers who do not receive this support.

The World Health Organization (WHO) recommends: Exclusive breastfeeding up to 6 months of age, with continued breastfeeding along with appropriate complementary foods up to two years of age or beyond. Most babies should be breastfed for at least 12 months.

FOR MORE INFORMATION

Maternal and Child Health Program

307.577.9778

475 S. Spruce Street | Casper, WY 82601

CasperPublicHealth.org

prevent promote protect

Program Benefits

- Evaluation of baby's latch to mom
- Education and troubleshooting on breast milk supply issues (including under-supply and over-supply)
- Baby weight and development checks
- Pumping support
- Setting breastfeeding goals
- Education for other family members
- Mom returning to work/child starting daycare

