

Breastfeeding Resources



Breastfeeding has a lifetime of benefits. We are here to promote, support, and protect your breastfeeding goals.



Download me!

**YOUR GUIDE TO
BREASTFEEDING**

COMMUNITY SUPPORT

Breastfeeding provides the healthiest start to your baby's life. Our community has the support you need to breastfeed your baby.

PUBLIC HEALTH

Free lactation support is available in the comfort of your own home, by phone or at our office.

Bismarck-Burleigh Public Health

500 E. Front Ave, Bismarck
701-355-1540

Prenatal Support

A FREE prenatal program for families. Meet with a RN to discuss changes in pregnancy and prepare for a new baby.

Lactation Consultation

Experienced lactation staff can assist with concerns, questions or challenges you may have during your breastfeeding journey. We offer help from prenatal to postpartum, breastfeeding & returning to work, and beyond.

Beyond Birth Education

A HOME VISIT with a RN in the comfort of your own home about feeding, care and postpartum healing in the first weeks after your baby is born.

FREE Classes

Visit our website to learn more:



Custer Health

Serving Morton, Grant, Mercer, Oliver and Sioux Counties

403 Burlington St. SE, Mandan
701-667-3370
www.custerhealth.com

Prenatal Support

Beyond Birth Education

Depression and Anxiety: Before or After Baby

Learn the Signs:

- Difficulty caring for yourself or your baby
 - Extreme mood swings
 - Intense worry, anger or unhappiness
 - Less interest in things you used to enjoy
 - Changes in your eating or sleeping habits
- Reach Out. Get Help. You Matter.
Call your doctor right away.
To find help:
Postpartum Support
1800-662-HELP (4257)

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Public Health
Prevent. Promote. Protect.

Bismarck-Burleigh Public Health

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Take a Class

Did you know taking a class can help you reach your breastfeeding goals?

Bismarck-Burleigh Public Health
701-355-1540

CHI St. Alexius Health
701-530-7700

Professional Birth Doula
Katie L., RN, CLC
bump2babybismarck.com
307-629-1618

Sanford Health
sanfordhealth.org
701-323-6598

Join a Group

Others who have breastfed successfully are a great source of encouragement and support.

Facebook Professional Lactation Support of Bismarck

A safe place where moms can ask questions and receive support from an IBCLC/GLC and other breastfeeding moms.

La Leche League

www.llofmdas.org
Meetings held monthly
Contact: Jenny
701-238-9496
jennybenzlll@yahoo.com

Choose Your Support

Supporting breastfeeding involves family, friends and community as a whole.

Bismarck-Burleigh Public Health
701-355-1540

Custer Health
701-667-3370

WIC
701-255-3397

Doulas
bismarckdoulacommunity.com

Mid Dakota Clinic
701-530-6026

MEDICATIONS & BREASTFEEDING

www.e-lactancia.org
Made by professionals for everyone; endorsed by the Academy of Breastfeeding Medicine

Infant Risk Center:
evidence-based information on use of medications during pregnancy and breastfeeding
www.infanrisk.com
M-F, 8a-5p, CT; 806-352-2519

Well Baby Clinic

RNs with lactation experience are available for questions.

CHI St. Alexius Health

Wednesday from 12 noon-2:30 pm
Technology and Education Center
1310 E. Main Ave.
Bismarck
1st floor, use south entrance

Sanford Health

Sanford Children's North Clinic
765 W. Interstate Ave, Bismarck

Tuesdays || 1-4 pm
(1st Tuesdays of the month 5-7 pm)
Fridays || 9 am-12 noon

Breastfeeding Helpline:
701-323-2547