



What is a Certified Lactation Counselor?

A Certified Lactation Counselor (CLC) is someone who is trained to help with breastfeeding.

A CLC can help you with:

- Problems with latching
- Returning to work
- Low milk supply
- Storing breastmilk
- Special circumstances
- Feeding difficulties
- Preventing sore nipples
- Choosing the right breastpump

Help from a CLC can help you meet your breastfeeding goals!

For more information about breastfeeding services contact:

Ho-Chunk Health Care Center:
888-685-4422 ext. 5317
Or

House of Wellness:
888-552-7889 ext. 5551

<http://health.ho-chunk.com/>

Know Your Breastfeeding Rights

It's the Federal Law:

Section 7(r) of the Fair Labor Standards Act (FLSA) - Break Time for Nursing Mothers

Section 7 of the FLSA requires employers to provide a nursing mother with reasonable break to express milk for 1 year after their child is born. In addition, it requires the employer to provide a place to express breast milk. This place may not be a bathroom.

Wisconsin Public Breastfeeding Law:

SECTION 1. 253.16 Right to breastfeed.

A mother may breastfeed her child in any public or private location where the mother and child are otherwise authorized to be. In such a location, no person may prohibit a mother from breastfeeding her child, direct a mother to move to a different location to breastfeed her child, direct a mother to cover her child or breast while breastfeeding, or otherwise restrict a mother from breastfeeding her child as provided in this section.

Ho-Chunk Nation:

*Ho-Chunk Nation Legislature
Employee Relations Act*

The Ho-Chunk Nation provides a supportive environment to enable breastfeeding employees to express their milk during work hours. This includes a lactation support program administered by the Ho-Chunk Nation Maternal Child Health Program, within the Community Health Nursing Program.



Ho-Chunk Nation Department of Health Breastfeeding Services



Certified Lactation Counselors
committed to helping you
have a positive
breastfeeding experience.



**Mother's Milk is a
Traditional food for baby**

**Breastfeeding Services
Available:**

- Lactation counseling
- Ordering a breastpump
- Finding the nearest lactation room for pumping while at work
- Preparing to return to work and breastfeeding
- Resources for special circumstances
- Learning how to store breastmilk
- Support worksites to become breastfeeding friendly

**Reasons to Breastfeed
for Mom and Baby:**

- Breastfed babies get sick less and have fewer allergies
- Breastfed babies have a lower risk of SIDS (Sudden Infant Death Syndrome)
- Breastfed babies have a lower rate of ear infections
- Breastfed babies have a lower risk for diabetes, and so do breastfeeding moms
- Breastfeeding is recommended by the American Academy of Pediatrics
- Breastmilk provides the perfect mix of proteins, carbs, and fats
- Breastfeeding moms have a lower risk of breast and uterine cancer



**Ho-Chunk Nation
Breastfeeding Coalition
Mission Statement:**

To support and promote a breastfeeding friendly environment within the Ho-Chunk community and workplaces.



**Are you a breastfeeding
mother?**

**Do you support
Native American women
and breastfeeding?**

**Join the HCN Breastfeeding
Coalition!**

All are welcome!