

## Benefits of Breastfeeding:

“The reason for choosing breastfeeding was not just my decision, but my husband’s as well. With all the health benefits for our little girl, and myself, how could we pass it up?...Overall, I wouldn’t change a thing as our experience with breastfeeding has been one of the best decisions we have made for our daughter.” - Rachel Tomlinson, Exercise Science Physical Athlete Trainer

“Mother’s milk contains all the essentials for infants’ growth. Unless there is a health issue, mothers’ milk should be the best ideal food for babies. Also, breastfeeding helps to build the bond between baby and mom.” -Jing Qi, Director of Online Teaching and Institutional Research, UMPI



## Aroostook County Breastfeeding Coalition

The Aroostook County Breastfeeding Coalition was formed in 1990. The coalition is made up of health professionals including, but not limited to nurses, physicians, dietitians, health educators, social workers, certified lactation consultants, and mothers who provide services to mothers and babies.

The purpose of the coalition is to:

- Educate and train professionals
- Identify and reduce barriers which keep mothers from beginning or continuing to breastfeed.
- Provide a network for professionals to share resources.

Draft brochure was developed by Long Cao University of Maine Student in collaboration with Healthy Aroostook

2010

## Aroostook County Breastfeeding Resources



## Aroostook County Resources

### **Aroostook County Action Program, WIC**

744 Main St.

Presque Isle, ME

768-3026

1-800-432-7881

Breastfeeding Peer Counselor and Certified Lactation Counselors available.

Manual & electric breast pumps available to WIC participants.

### **Aroostook Centre Mall**

830 Main St.

Presque Isle, ME

Breastfeeding/diaper changing room.

### **Cary Medical Center**

163 Van Buren Rd.

Caribou, ME

498-1179

Certified Lactation Counselors available.

Breast pump rental site.

Free postpartum home visit.

24 hours breastfeeding help warm line 498-1179.

### **Fish River Rural Health**

10 Carter St.

Eagle Lake, ME

444-5973

Certified Lactation Counselor available.

## Aroostook County Resources

### **Houlton Regional Hospital**

20 Hartford St.

Houlton, ME

532-2900

Certified Lactation Counselor available.

### **Le Leche League**

Duska Kingsbury

425-7149

duska.kingsbury@gmail.com

Meets first Wednesday of the month at 9:30 am at the Academy House– Presque Isle.

### **Northern Maine Medical Center**

194 E. Main St.

Fort Kent, ME

834-3155

Free postpartum home visit.

### **Public Health Nursing**

30 Skyway Dr.

Caribou, ME

Fort Kent 834-7700

Caribou 493-4000

Houlton 532-5000

### **Aroostook County Breastfeeding Coalition**

Gail Sirois

444-5973

Meets monthly

## Aroostook County Resources

### **The Aroostook Medical Center**

Academy St.

Presque Isle, ME

Nursery 768-4328

Educational Services 768-4160

Certified Lactation Counselors and Lactation Consultant available.

Breast pump rental site.

Free postpartum home visit.

### **University of Maine Cooperative Extension**

Northern Aroostook County 800-287-1421

Central Aroostook County 800-287-1462

Southern Aroostook County 800-284-1469

### **Electric breast pump rental sites:**

#### **Acadia Medical Supply**

830 Main St.

Presque Isle, ME

769-2100

#### **Hillview Pump House**

21 Hillview Ave.

Houlton, ME

532-3900