

BREASTFEEDING SUPPORT

Public Health Nurses offer free in home breastfeeding support and education

BENEFITS OF A HOME VISIT

- Nurse will meet with you in the comfort of your own home
- Access to Registered Nurses who are trained in breastfeeding support
- Safe place to ask questions about feeding your baby



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WHAT HAPPENS DURING A VISIT

Nurse will:

- Weigh your baby
- Ensure a good latch
- Help you find a comfortable breastfeeding position
- Offer ongoing support and resources

GOALS OF A HOME VISIT

- Build your confidence in breastfeeding
- Know when your baby is hungry and full
- Create a breastfeeding plan that works for you

**IF YOU WOULD LIKE A HOME VISIT OR HAVE QUESTIONS PLEASE CALL:
(320) 231-7800, PRESS 3**

Kandiyohi County
Health & Human Services



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