
FEEDING YOUR BABY

*Have You Thought About How
You Are Going To Feed Your Baby?*



The Maternal and Child Center
of Penn Highlands Healthcare

Penn Highlands DuBois
100 Hospital Avenue
DuBois, PA 15801
814-375-BABY (2229)

www.phhealthcare.org/baby

January 2024



First Trimester





Support for Formula Feeding Mothers

- Mother/Baby Care Guide
 - Given on discharge
- WIC-Woman Infant and Children
 - Call 800-942-9467 for an office near you

Support for Breastfeeding Mothers

- Mother/Baby Care Guide
 - Given on discharge
- Mom to Mom Breastfeeding Connection at Penn Highlands Healthcare
 - www.phhealthcare.org/supportgroups
- WIC-Woman Infant and Children
 - Call 800-942-9467 for an office near you
 - www.pawic.com
- La Leche League
 - For more information, call 847-519-7730
 - www.llusa.org
- Lactation specialists in the Maternal and Child Centers of Penn Highlands are available for you to call. Along with those who are certified lactation specialists, all staff in the units complete more than 15 hours of breastfeeding education.



Here to support you!