
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)

Penn Highlands Elk
763 Johnsonburg Road
St. Marys, PA 15857
814-788-8558

www.phhealthcare.org/baby



First Trimester





Support for Breastfeeding Mothers

- Newborn Feeding Class at Penn Highland DuBois
 - To enroll call 814-375-INFO
- Mom to Mom Breastfeeding Connection at Penn Highlands DuBois
 - www.phhealthcare.org/supportgroups
- Breastfeeding Education Group at Penn Highlands Elk
 - www.phhealthcare.org/supportgroups
- Life's Journey Breastfeeding Support Group
 - Call 814- 371-1900 for more information
- 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

- Mother/Baby Care Guide
 - Given on discharge
- 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.



Support for Formula Feeding Mothers

- Newborn Feeding Class at Penn Highland DuBois
 - To enroll, call 814-375-INFO.
- WIC-Woman Infant and Children
 - Call 800-942-9467 for an office near you
- Mother/Baby Care Guide
 - Given on discharge

Here to support you!