



Breastfeeding Benefits all of us!

“Breastfeeding provides the perfect nutrition for infants and it is recommended by the American Academy of Pediatrics for at least the first year of life.

Documented benefits are for Baby, Mom, Families, Workplace, and Environment.”

Our Goals for Polk County:

1. Increase initiation and duration rates of breastfeeding.
2. Assist local workplaces, childcare professionals, health care and our public health department promote breastfeeding as the norm.
3. Encourage and support the Minnesota Department of Health Breastfeeding Friendly Recognition Program.
4. Increase public awareness of the positive outcomes associated with breastfeeding for babies, mothers, and community.



Polk County Breastfeeding Coalition

This institution is an equal opportunity provider



Polk County Breastfeeding Coalition

A Breastfeeding Resource List



“Where our mission is to improve health through the collaborative support, promotion, and protection of breastfeeding as the cultural norm.”



181.939 NURSING MOTHERS-MN BF STATUTES

(a) An employer must provide reasonable unpaid break time each day to an employee who needs to express breast milk for her infant child. The break time must, if possible, run concurrently with any break time already provided to the employee. An employer is not required to provide break time under this section if to do so would unduly disrupt the operations of the employer.

(b) The employer must make reasonable efforts to provide a room or other location, in close proximity to the work area, other than a bathroom or a toilet stall, that is shielded from view and free from intrusion from coworkers and the public and that includes access to an electrical outlet, where the employee can express her milk in privacy. The employer would be held harmless if reasonable effort has been made.

(c) For the purposes of this section, "employer" means a person or entity that employs one or more employees and includes the state and its political subdivisions.

(d) An employer may not retaliate against an employee for asserting rights or remedies under this section. (2018)

145.905 ANYTIME, ANYWHERE-MN BF STATUTES

"A mother may breast-feed in any location, public or private, where the mother and child are otherwise authorized to be, irrespective of whether the nipple of the mother's breast is uncovered during or incidental to the breast-feeding."

Online Breastfeeding Resources:

www.lalecheleague.org

www.mnbreastfeedingcoalition.org

www.womenshealth.gov/breastfeeding/

www.health.state.mn.us/divs/oshii/bf/

bfyourbaby6.html

www.kellymom.com

www.workandpump.com

www.firstdroplets.com

HOSPITALS

RiverView - Crookston

*Recognized by MDH as a
Breastfeeding Friendly Workplace*
323 S Minnesota St.
Crookston, MN 56716
(218) 281.9300
~CLC available~

Essentia Health – Fosston

*Recognized by MDH as a
Breastfeeding Friendly Workplace and
Baby Friendly USA*
900 Hilligoss Blvd SE
Fosston, MN 56542
(218) 435.1133
~CLC & CLS available~

Breastfeeding Support Groups

~Mama's Milk Connection~

Breastfeeding support group

*Held every 3rd Thursday of the Month

Call for meeting information

(218) 281.1673

(218) 277.0280 cell

~IBCLC and Peer Counselors available~

Join our Polk County

Anytime, Anywhere Initiative

Sign a pledge to provide a welcoming environment for breastfeeding mothers in your place of business.

Receive a "Breastfeeding Welcome Here" Window Cling

Call (218) 281.3385 for more information

RESOURCES

Polk County Public Health

*Recognized by MDH as a
Breastfeeding Friendly Health Department*
816 1/2 Marin Avenue, Suite #125
P.O. Box 403
Crookston, MN 56716
~IBCLC & CLC available~

Polk County WIC

(218) 281.1673
~IBCLC and CLC available~

WIC Peer Breastfeeding Counselor Program

(218) 281.1673

Work Place Support

Tammy Conn IBCLC
Kirsten Fagerlund-SHIP Coordinator
(218) 281.3385

Tri Valley Opportunity Council, Inc

(218) 281.5832
~CLC available~

Look for Credentials that identify a specialist who has attended training specific to breastfeeding

IBCLC- International Board Certified Lactation Consultant
CLC- Certified Lactation Counselor
CLE- Certified Lactation Educator
CLS- Certified Lactation Specialist

CLINICS

RiverView ~ Crookston

323 S Minnesota St.
Crookston, MN 56716
(218) 281.9595
*Fertile ~ (218) 945.6695
East Grand Forks ~
(218) 773.1390*

Essentia Health ~ Fosston

900 Hilligoss Blvd SE
Fosston, MN 56542
(218) 435.1212

Altru Health ~ Crookston

400 South Minnesota St
Crookston, MN 56716
(218) 281.9100
Erskine ~ (218) 687.5317

Sanford Health ~ East Grand Forks

929 Central Ave. NW
East Grand Forks, MN 56721
(218) 773.6800

Polk County Breastfeeding Coalition Members Include:

Polk County Public Health, WIC,
RiverView Health, Essentia Health,
Altru Clinics, Villa St. Vincent,
U of M Extension, Tri-Valley
Opportunity Council,
Choice Therapy-Crookston

Call to join our efforts! (218)281.3385