

Looking for Breastfeeding Support?

St. Louis County
Public Health and Human Services

Has specially trained Public Health Nurses
to provide education and support to
pregnant and breastfeeding moms.

No fee for services

Contact one of our breastfeeding experts
at your local Public Health office:

Duluth: 218-725-5210

Virginia: 218-471-7600

Hibbing: 218-262-6000

Ely: 218-365-8220



- ☞ Nutrition counseling
- ☞ Anticipatory guidance
- ☞ Fussy babies
- ☞ Growth and development
- ☞ Engorgement, mastitis, sore nipples
- ☞ Preterm infant
- ☞ Special needs infant
- ☞ Pumping and storage
- ☞ Returning to work
- ☞ Safe bottle preparation
- ☞ Re-lactation
- ☞ Tandem nursing
- ☞ Nursing multiples
- ☞ Skin to skin
- ☞ Infant weight monitoring
- ☞ Infant sleep patterns
- ☞ Preventive healthcare education
- ☞ Well child check/ Child & Teen
Checkup information/assistance



“While breastfeeding may not seem the
right choice for every parent, it is the best
choice for every baby.” ☞ Amy Spangler

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