

Help! I Need Some Sleep!

Most new moms can identify with this. Sleep can be hard to come by when you have a new baby. By now, a lot of moms are feeling a little sleep deprived. That means not only feeling tired, but having a hard time coping with stress, crying easily and having difficulty concentrating. Take heart, because this will pass. In the meantime, **sleep when you can**. Let cleaning and other things go for a while. Sleep can sometimes feel like a waste of time when you have so much to do, but you will feel so much better. You need to make sure that you take care of you. *Here are some great tips:*

<https://wicbreastfeeding.fns.usda.gov/taking-care-you>

What you are doing is making a HUGE difference for your baby and you! You are a rockstar mama, keep it up!

And know that I am here as another mom to help along the way. Call or text anytime **920-765-4375**.

Go Slow!

You are on baby time for a while

Give yourself permission to slow down and enjoy time with your baby. It is such a short time that babies need so much attention. The time you spend with your baby now will be a benefit for a lifetime.

Safe Sleep for Your Baby

1. **Back is Best** for nap and nighttime sleep
2. **Sleep in crib or bassinet**-room sharing is recommended, but *not* bed sharing/co-sleeping
3. **Just a fitted sheet**— Remove all soft bedding and toys from your baby's sleep area (no pillows, blankets, bumpers)
4. **Use a wearable blanket or sleep sack** instead of loose blankets to help keep your baby comfortable



Local Breastfeeding Support Resources

Sometimes, we may need a little extra help with breastfeeding—that's ok! This is something new that you and baby are learning together. Please see next page for this list of local professionals.



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LOCAL BREASTFEEDING SUPPORT RESOURCES

Lactation Consultants provide support and education during pregnancy, your hospital stay and after you've gone home!

Winnebago County WIC Program

Neenah: 920-729-2945

Oshkosh: 920-232-3350

Peer Counselor: 920-765-4375 (call or text)

Winnebago County Public Health Department

Allison Lavery Montag, IBCLC

alavertymontag@co.winnebago.wi.us

920-232-3354

St. Elizabeth's /Affinity Hospital—Appleton

920-738-2734

Breastfeedinghelp@affinityhealth.org

Mother Wisdom Lactation—Appleton

Maggie Payne 920-944-1525

Thedacare Pediatrics

Neenah/Appleton: 920-729-2154

La Leche League

Appleton: 920-931-4442

Neenah/Menasha: 920-850-7400

www.LLofWI.org



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This program is an equal opportunity provider.