



2023 NORTH SHORE HEALTH DEPARTMENT HEALTHY HIGHLIGHTS

Serving the communities of Bayside, Brown Deer, Fox Point, Glendale, River Hills, Shorewood and Whitefish Bay

August 2, 2023: World Breastfeeding Week

It's World Breastfeeding Week! We put together some answers to a few frequently asked questions about breastfeeding, courtesy of our Public Health Nurses.

How do I know if I'm doing it right?

There are several signs that you are breastfeeding correctly. The latch should feel comfortable and your breasts should soften during the feed. Over time, your baby should gain weight and stay on track with their growth curve, which indicates that enough milk is being produced to meet baby's needs.

How long should I breastfeed?

The U.S. Dietary Guidelines for Americans recommend that infants be exclusively breastfed for about the first six months of life. At six months, most babies can be introduced to appropriate solid foods, but breastfeeding is still recommended to continue until your child is 12 months old or older.

How can I continue to provide breast milk to my infant after returning to work or school?

When a mother is away from her infant, she can pump or hand express her breast milk so that her infant can drink breast milk from a bottle. Breast milk should be stored properly – freshly pumped breast milk can be safely stored for up to 4 days in the refrigerator, or up to 6 months in a freezer. Leftover breast milk from a recent feeding should be used within 2 hours, and thawed breast milk should never be refrozen.

The [PUMP](#) Act requires employers to support breastfeeding mothers by providing mothers with reasonable break time and a clean, private space that is not a bathroom to express their breast milk.

Where can I get help?

NSHD offers free home visits for families with new infants, conducted by Public Health Nurses who have specialized training in maternal/infant health and lactation. In addition to breastfeeding support, they also provide a wide range of other services such as newborn health education, developmental screenings, community

resource referrals, and more. You can request a home visit by calling (414) 371-2980 or by visiting our [website](#).

Learn more here:

<https://www.cdc.gov/breastfeeding/faq/index.htm>

NSHD HAPPENINGS

July 31, 2023

Mosquitoes Test Positive for West Nile Virus in Milwaukee County

Mosquitoes from 2 locations in Milwaukee County were positive for West Nile Virus (WNV) from samples collected on July 25. One location was in the City of Milwaukee at Jackson Park and the other was in the North Shore in the City of Glendale.

Learn more →



BOATING SAFETY

Gear up for a responsible and fun boating season by following safe boating practices! Wear a U.S. Coast Guard approved, properly fitting life jacket while boating. Check out the [WI DNR website](#) for life jacket safety tips.



NALOXONE TRAINING

NSHD OFFERS FREE COMMUNITY NALOXONE (NARCAN) AND TRAINING. Please scan the QR code below or [CLICK HERE](#) to register for a time to be trained.

NARCAN is available at North Shore Health Department

NARCAN® Direct Program

SCAN ME



SCAN THE QR CODE to schedule a time to stop in for training & to receive Narcan.

Walk-ins are also welcome!

NARCAN is available at both offices:

Brown Deer office

4800 W Green Brook Dr.

Shorewood office

2010 E Shorewood Blvd.

Open Mon-Fri 8AM-430PM

Want to learn more about Narcan?

Scan the QR code to visit
Dose of Reality: Safer Use/Harm Reduction

Follow us on social media for updates on future community NARCAN trainings and distribution events.



nshealthdept.org • (414) 371-2980

Follow us on social media and visit our website for health information and updates!



RESOURCES AND REFERENCES

1. <https://www.cdc.gov/breastfeeding/faq/index.htm>
2. <https://www.dhs.wisconsin.gov/nutrition/breastfeeding/index.htm>
3. Request a home visit:
<https://www.nshealthdept.org/FamilyHealth/NewbornHomeVisits.aspx>
4. WNV Press Release:
https://www.nshealthdept.org/Portals/NsHealthDept.org/First%20WNV%20mosquitoes_NSHD_2023a.pdf