

## Breast Feeding

- Tennessee Breastfeeding Hotline- has recently been launched by the Department of Health, it is staffed by International Board Certified Lactation Consultants and Counselors, and you can call 24 hours a day 7 days a week- 855-4BF-MOMS



- WIC- 800-342-5942, or their Montgomery County number: 931-551-8777, their website: [www.fns.usda.gov/wic](http://www.fns.usda.gov/wic)
- [www.Womenshealth.gov/breastfeeding](http://www.Womenshealth.gov/breastfeeding)
- La Leche League International: [www.llli.org](http://www.llli.org)
- Center for Disease Control and Prevention: [www.cdc.gov/breastfeeding](http://www.cdc.gov/breastfeeding)



**TCA 68-58-101:** A mother may breastfeed in any public or private place she is authorized to be.

**TCA 68-58-102:** Breastfeeding shall not be considered public indecency or nudity, obscene, or sexual conduct.

**TCA -68-58-103:** Local governments shall not prohibit breastfeeding in public by local ordinance.

**TCA 50-1-305:** Employers must accommodate breastfeeding mothers at work.

## Raising Healthy Children

- Healthy lifestyle changes. Free tools for a healthier you. <https://healthiertn.com/>
- Zero to Three is a site that discusses infants to toddlers- [www.zerotothree.org](http://www.zerotothree.org)
- Kid central has a wide variety of resources- [www.kidcentraltn.com](http://www.kidcentraltn.com)
- **My Pyramid** Tips on a healthy dietary lifestyle brought to you by the US Department of Agriculture (USDA). Get tips on appropriate dietary intake for your child's body size and age. Also offering games for children to help guide healthy food choices. [www.choosemyplate.gov](http://www.choosemyplate.gov)
- On the Tn.gov provides information for parents ranging from nutrition, newborn hearing resources to books from birth, and much more. You can access the site at <https://www.tn.gov/health/parents.html>
- The American Academy of Pediatrics helps provide standards for pediatricians regarding your child's health. You can visit the Healthy Futures link to navigate through quality education resources, safe sleep tips, and even healthy child care information. <https://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/healthy-child-care/Pages/Healthy-Futures.aspx>
  - The University of Tennessee Extension Expanded Food and Nutrition Education Program (UT EFNEP) is funded by the US Department of Agriculture, National Institute of Food and Agriculture (USDA NIFA) to provide nutrition education with a hands-on approach for families and youth with limited resources. [www.uthealthyfamilies.org](http://www.uthealthyfamilies.org)