



**Clermont County
Public Health**
Prevent. Promote. Protect.

WIC Breastfeeding Newsletter

FEBRUARY 2026 - MAY 2026

What Type of Breast Pump Is Best For You?

Clermont County WIC offers breastfeeding support to our participants in many ways - phone call/text support, recorded breastfeeding classes, and our pump program! If you need a pump and can't decide which type, here are some helpful tips:

Wearable Breast Pump:

- Frees hands for multi-tasking
- Great for moms that can't get pump breaks at work
- Offers more discreet pumping
- Many models connect to apps for tracking



Electric Breast Pump:

- Great for mothers returning to work
- Double electric can stimulate both breasts simultaneously
- Best for exclusive pumping (no latching)
- Good option for increasing milk supply



Manual Breast Pump:

- Great for occasional pumping
- Easy to travel with (light weight and portable)
- Does not require electricity
- Relieves engorgement



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“Should I still breastfeed if I or my baby are sick?”

Yes! You should continue to breastfeed. This passes immunities to your baby and helps them to fight illness. Breast milk contains antibodies and other immune cells to help fight infection.

Remember to wash hands often, limit visits from family and friends during cold/flu season, stay hydrated and get plenty of sleep. Getting vaccinated also provides extra protection against colds and flu for both parents and kids.



Want to Learn More About Breastfeeding?

Scan to watch our recorded Breastfeeding Classes:



Test your knowledge:

What are two types of breast pumps?

Should moms that are sick stop breastfeeding?



Department of Health

Women, Infants, and Children Program (WIC)

This institution is an equal opportunity provider.