

"Breastfeeding is a mother's gift to herself, her baby, and the earth." — Pamela K. Wiggins

Meet Our Breastfeeding Staff



Vicki Brown, RN
Designated Breastfeeding expert



Amber Minchew
LPN/Breastfeeding Peer Counselor



Amanda Snyder
Designated Breastfeeding Expert

Breastfeeding newsletter

Cool Treat: Breastmilk Popsicles

When the weather heats up, breastmilk popsicles can be a fun, soothing way to help older babies stay cool—while still getting all the benefits of breastmilk! These are best for babies 6 months and older who are already eating solids.

How to Make Them:

Pump and pour expressed breastmilk into baby-safe popsicle molds or silicone ice cube trays.

Insert sticks or handles (optional: use a baby spoon or teether for easy grip).

Freeze for several hours or overnight.

Serve with supervision to avoid choking hazards and messes.

These popsicles can be especially helpful during teething or hot summer days. Always check with your pediatrician if you have questions about introducing frozen treats.



Breastfeeding Warm Line

620-238-6119

M-F 8am-5pm



June 2025

Linn county is an equal opportunity provider

Did You Know? Summer Breastfeeding Facts

Babies under 6 months don't need water—even in hot weather! Breastmilk is perfectly designed to keep your baby hydrated and nourished. Offering water can fill their tiny tummy and reduce the amount of nutrient-rich milk they receive. Keep nursing often, especially during the heat!

Breastmilk changes with the weather. Your body naturally adjusts the water content in your milk to help keep your baby hydrated during hot months.

Skin-to-skin helps regulate baby's body temperature. Even in summer, cuddling your baby close helps them stay cool or warm as needed—your body is amazing!

Nursing outdoors? Be sun-smart! Choose shaded spots, use lightweight covers if preferred, and dress baby in breathable layers to avoid overheating.

Breastfeeding can soothe summer fussiness. Extra nursing sessions can comfort your baby during hot or overstimulating summer days.

Traveling this summer? Breastfeeding is the ultimate travel food—sterile, portable, and always the perfect temperature.

