



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

WIC Breastfeeding Newsletter

JUNE 2026 - SEPTEMBER 2026

The Pros and Cons of Breastfeeding Apps

Many families use apps to help them with breastfeeding. Apps can track feeding times, pumping schedules, diaper counts, and even sleep or milestones! But do these apps have drawbacks? Let's take a look:

Pros:

- Tracks feedings and diaper changes, helping mom remember
- Helps mom feel more confident with breastfeeding
- Gives data for doctor's visits
- Sends reminders for pumping and feeding times
- May help mom notice and solve problems early

Cons:

- May cause stress if feeling information must be logged often
- Mom comparing herself to others or what is "average"
- May send warnings even with normal changes
- Focus too much on schedules instead of the baby's cues
- Concerns about privacy and personal data

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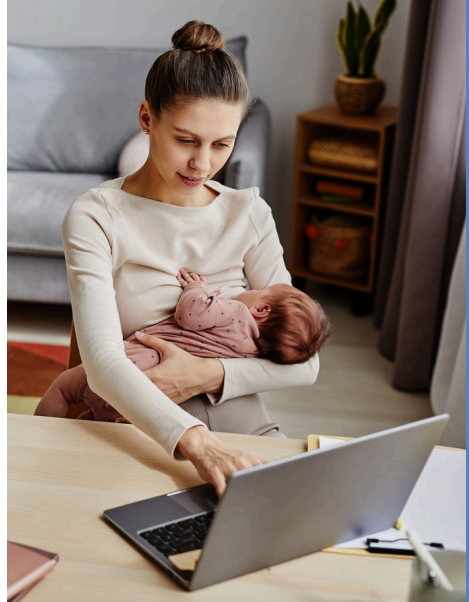
**Not sure if your app is helping?
Talk to a WIC Breastfeeding Peer!**

AI and Breastfeeding

AI chatbots, like ChatGPT, might seem like an easy way to get breastfeeding information and help with solving breastfeeding problems. But they can also be misleading, give outdated information, and can miss key details that a trained breastfeeding helper will know to ask you!

WIC has real humans who can help you! If you need breastfeeding help, call **513-732-7329** or text **CCWBFHELP** to **85511** to talk to a WIC Peer.

When WIC is closed, call **888-588-3423** or text **BFHOTLINE** to **220-201-5477** to get help 24/7 from a real lactation professional.



Want to Learn More About Breastfeeding?

Scan to watch our recorded Breastfeeding Classes:



Test your knowledge:

Name one pro and one con of breastfeeding apps:

When can you get help from a trained human from the Ohio Breastfeeding Hotline?



Department of Health

Women, Infants, and Children Program (WIC)

This institution is an equal opportunity provider.