

## We Support You!

**Choosing to breastfeed is made easier when others offer their encouragement and support.**

These resources will help get breastfeeding off to a great start:

- ♥ Find a **healthcare provider** that will support you in your breastfeeding efforts—this will make any challenges you face easier to tackle.
- ♥ Attend a **breastfeeding class** at your local hospital, clinic or WIC clinic—this will help you get some basic knowledge of breastfeeding.
- ♥ Connect with **La Leche League** ([www.llli.org](http://www.llli.org)). Meetings are offered monthly in your community. Attending a meeting while you are pregnant is beneficial. Connect with a local Group and Leader who can offer you ongoing support when you arrive home.
- ♥ Visit the Living Healthy website at: [www.livinghealthywc.org/Breastfeeding.html](http://www.livinghealthywc.org/Breastfeeding.html). The **Breastfeeding Resource List** will provide you with local resources that will support your breastfeeding relationship every step of the way.

## How can I offer encouragement and support to the breastfeeding women in my life?

**Partners:** Let your wife or partner know that you are happy she made the choice to breastfeed because it is the healthiest choice for her and the baby. Tell her you are proud of her commitment to breastfeeding and ask what you can do to help.

**Grandparents:** Take a breastfeeding class to learn more about breastfeeding and how you can support your daughter/in-law as she learns to breastfeed. Encourage her to breastfeed wherever she is comfortable.

**Friends:** Help your friend ignore negative comments or attitudes toward breastfeeding and focus instead on the health benefits. Tell her you will be her “middle of the night” help if she has difficult times.

**Neighbors:** Let new parents know you’re available if they need help. Prepare a meal for the family. If there are other children in the home, offer to take them for an afternoon or evening to give the parents a break.

**Employers:** Let your employees know you support them and will follow regulations on providing breaks for women who are breastfeeding. Call Washington County Department of Public Health and Environment at 651-430-6655 to learn how to set up a lactation room for employees.

**Child Care Providers:** Take a breastfeeding class to learn more about breastfeeding and handling breast milk. Welcome mothers who want to breastfeed their babies during the work day. Follow the mother’s request to use only breast milk and avoid giving formula to her baby.

**Washington County Breastfeeding Coalition**

<http://www.livinghealthywc.org/Breastfeeding.html>

Duplicate as needed 3/2013

## Breastfeeding



*A healthy choice  
for  
everyone!*

*Washington County  
Breastfeeding Coalition*

whose mission is to promote, support and protect breastfeeding through education, outreach, and collaboration within our community.

*We envision a community where breastfeeding is the norm and where families are supported and empowered to achieve their breastfeeding goals.*

# Breastfeeding: A Healthy Choice for Everyone!

## **The American Academy of Pediatrics recommends:**

- ♥ infants be breastfed for at least 12 months and thereafter for as long as mutually desired.
- ♥ babies do not need anything but breast milk for the first six months of life.
- ♥ breastfeeding should be continued after solid foods are introduced during the middle of the first year of life.



## **Best for Babies**

### **Breastmilk:**

- ♥ promotes optimal brain development and physical growth.
- ♥ provides antibodies to protect babies from infections and diseases.
- ♥ provides protection from allergies.
- ♥ promotes oral health.

## **Research shows breastfed babies are:**

- ♥ less likely to become obese/overweight.
- ♥ less likely to suffer from recurrent ear infections.
- ♥ less likely to be hospitalized for respiratory conditions.

## **Best for Moms**

- ♥ Breastfeeding has been shown to lower a woman's risk of breast and ovarian cancer.
- ♥ It may help some women lose their "baby weight" faster.
- ♥ Breastfeeding saves time since there is no need to buy and mix formula or warm up bottles.



## **Best for Families and Communities**



- ♥ Breastfed babies are generally healthier than babies who are formula-fed.
- ♥ Since breastfed babies tend to be healthier, their parents need less sick leave to stay home and care for them.
- ♥ This translates into lower health care costs for families and employers.