

## Breastfeeding Support:

### Private Lactation Consultation:

Susan Sanders, IBCLC.....537-1243

**La Leche League:** .....1-877-452-5324

www.lalecheleague.org

### Blue Cross of California

*Breastfeeding Support Line*.....1-800-231-2999

### Doctors Medical Center:

Classes.....521-2229

Lactation Consultants.....576-3763

### Emanuel Medical Center:

Classes, lactation support:

Maternal Child Education.....664-2674

Mom & Baby Unit.....664-2660

### Health Net

Health Line.....1-800-440-5724

### Memorial Medical Center:

Breastfeeding Assistance Program, Classes,

Consultations, Inpatient and Outpatient,

Breast pump Rentals and Sales.....572-7262

### Oak Valley Hospital:

Classes, consultation, inpatient/outpatient:

.....848-4194

### Stanislaus County Health Services Agency

WIC Breastfeeding Warm Line .....558-5083

Community Health Services .....558-7400

## Pumps and Supplies

### Doctors Medical Center

576-3763

### Memorial Medical Center

572-7262 Ex. 7210

### Kaiser Permanente

557-1601

### Babies R Us

543-6803

### WIC

558-5083

*(Pump loan program for WIC clients only)*

*Developed by the  
Breastfeeding Promotion Coalition  
Of Stanislaus County*

## Breastfeeding

...for Baby

...for Mother

...for Community



## Breastfeeding Promotion Coalition of Stanislaus County

A network of advocates promoting and supporting breastfeeding through the

education of

... families

...our community

...and health care providers

(209) 558-7400

## Breastfeeding Benefits Baby...

Breast milk is the only food baby needs for the first six months. Its easier to digest, there is less constipation, fewer stomach upsets, and it minimizes colic.

- Breastfeeding protects babies against illness. Half of the newborn's immunities come from colostrum the chief defense against infection.
- Boosts baby's ability to resist mumps, measles, polio and others diseases.
- Reduces the risk of allergies.
- Reduces the chance of obesity later in life.
- Reduces the incidence of Sudden Infant Death Syndrome (SIDS).
- Breastfed children have higher IQ's.
- Available even in disasters.



## Breastfeeding Benefits Mother...

Completes natural reproductive cycle of conception, pregnancy, childbirth and parently.

- Reduces risk of hemorrhaging after birth.
- Aids in natural weight loss.
- Makes night feedings easier and less disruptive.
- Feel good hormones (prolactin & oxytocin) help mom to relax, making mothering easier.
- Reduces the risk of breast and uterine cancer.
- Saves time and money.
- Trips away from home are easier, no bottles to carry.
- Delays return of regular periods.

## From Professionals:

“Human milk is the preferred feeding for all infants, including premature and sick newborns, with rare exceptions....should begin as soon as possible after birth, usually within the first hour.”

**American Academy of Pediatrics**



“Exclusive breastfeeding is ideal nutrition and sufficient to support optimal growth and development for approximately the first six months after birth. It is recommended that breastfeeding continue for at least 12 months and thereafter for as long as mutually desired.”

**American Academy of Pediatrics**



“Breastfeeding is an integral part of the reproductive process, the natural and ideal way of feeding the infant and a unique biological and emotional basis for child development.”

**The World Health Organization**

**Breastfeeding  
....For Baby  
....For Mother  
....For Community**