



## Breastfeed Your Baby For Mom's Best Health

Breastfeeding your baby is linked to many health benefits for YOU!

### Immediate Benefits

- Less bleeding at delivery
- Reduced risk of Baby Blues or postpartum depression after delivery
- An earlier return to pre-pregnancy weight
- New mothers may experience an increase in self confidence and feel closer to their baby
- Delays the return of menstruation (However, breastfeeding alone should not be thought of as a form of birth control. Please discuss this with your healthcare provider.)
- Cost benefit – savings of approximately \$1200.00-\$1500.00 during the first year

### Long-term Benefits

- Less time missed from work due to infant illness
- Lower blood pressure & decreased stress
- Reduced risk of heart disease, diabetes and rheumatoid arthritis
- Reduced risk of developing breast cancer or ovarian cancer
- Reduced risk of osteoporosis after menopause

### Local Resources

#### La Leche League

Meetings held at Center Point Community Church, 6590 Golden Gate Pkwy. 2nd Fri each month.  
Ashlee: 865-696-6353  
Laurie: 239-404-4933  
Mariela: 239-384-0492 (Spanish speaking)

#### NCH Healthcare BirthPlace – Lactation Services

Lactation Office: 239-624-6218  
Breastfeeding Classes: 239-624-6224

#### The Family Birth Center of Naples

Information: 239-594-0400

#### WIC (Women, Infant & Children)

IBCLC Breastfeeding Coordinator Rene Williams: 239-252-2528  
Naples: 239-252-6875  
Immokalee: 239-252-7312



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## Breastfeed Your Baby For Baby's Best Health

For the best results breastfeed exclusively! Breastfed babies have a reduced risk for many illnesses compared to formula fed babies

### Immediate Benefits

- Reduced SIDS risk
- Less GI infections and issues in Preterm and Term infants
- Fewer head colds, pneumonias, ear infections, and urinary tract Infections
- Less diarrhea & diaper rashes
- Human milk is easier to digest and better for the kidneys

### Long-term Benefits

- Better lung function, brain and eye development
- Reduced risk for eczema and asthma
- Reduced risk for Type I and II Diabetes and Celiac disease
- Reduced risk of obesity for all ages
- Lower blood pressure and cholesterol
- Reduced risk of childhood cancer



[www.safehealthychildren.org](http://www.safehealthychildren.org)



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