

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 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 @ Center Point Community Church, 6590 Golden Gate Pkwy. 2nd Fri each month. Contact: Jennifer 239-821-3927 or Sabrina 239-777-4473

NCH Healthcare BirthPlace – Lactation Services

Lactation Office: 239-552-7546
Breastfeeding Classes: 239-552-7396

Physicians Regional Medical Center – Women's Center

Breastfeeding Classes & Home visits for Breastfeeding support: 239-405-7972

The Family Birth Center of Naples

Information: 239-594-0400

WIC (Women, Infant & Children)

Lactation Consultant: 239-252-5316
Naples: 239-252-6875
Golden Gate: 239-455-1931
Immokalee: 239-252-7312
afterhours help line: 239-252-5531

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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

American Academy of Pediatrics (2012). Breastfeeding and the use of human milk. Retrieved from <http://pediatrics.aappublications.org/content/129/e827.full.html>

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