



**Nurture Your
Child's Mind
and Body,
Breastfeed!**

Pediatricians recommend breastfeeding children for at least one year. Breastfeeding has many benefits:

- * better immunity against illness
- * higher I.Q. scores
- * fewer allergies
- * decreased risk of SIDS & leukemia

Each breastfed infant saves \$1,000-\$3,000 per year in health care costs.

89% of Oregon women start out breastfeeding their babies. Many quit nursing early because they don't get the support they need.

Mothers nurse longer when they get support from:

- * the baby's father
- * family and friends
- * their employer when they return to work

To find out how to get help with breastfeeding or a free "Breastfeeding Mother Friendly Employer Packet"

call 1-800-SAFENET (723-3638)
or visit our web site at:
www.healthoregon.org/bf1.htm

Department of Human Services,
Health Services, Office of Family Health
in support of breastfeeding
mothers and children.



**Breastfeeding:
It's Your Right!**

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Oregon law states:

**A woman may
breastfeed her
child in a
public place.**

Have you been at a business that was breastfeeding friendly? Tell us and we'll send them a thank you letter.

Have you been bothered or asked to leave a public place by a manager or employee because you were breastfeeding? Please tell us. We'll send a letter encouraging them to support breastfeeding and tell them about the new law.

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