

Breastfeeding: A mother's gift

Breastfeeding is a gift of health only you can give. It gives your baby all the nutrition he or she needs for healthy growth and development in the first six months of life. Plus, the longer you breastfeed the greater the health benefits for you and your baby. Did you know:

- Breastfeeding strengthens the immune system so breastfed babies are less likely to get sick with colds or the flu.
- Breastfed babies are less likely to develop diabetes or childhood obesity.
- Breastfeeding lowers your risk for breast cancer.

But what many mothers say they cherish most is the special connection they feel looking into their baby's eyes during breastfeeding. Breastfeeding will go better if you learn about it now and have the support you need:

- Get help from family, friends and baby's Dad or a supportive partner.
- Talk to other mothers who breastfed their children.
- If you are enrolled in Oregon's Supplemental Nutrition Program for Women, Infants and Children (WIC), they will help you learn more about breastfeeding or attend a breastfeeding class.

Get breastfeeding off to a good start in the hospital.

Let your doctor and the hospital nurses know you are going to breastfeed. Go over this checklist with them to make sure you can:

- Comfort your baby with skin-to-skin contact right after birth;
- Breastfeed your baby within the first hour after delivery;



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- Keep your baby with you in your room so you can feed often;
- Give your baby only breast milk and avoid using a pacifier;
- Ask who you can call for help with breastfeeding when you get home.

For more information

The Supplemental Nutrition Program for Women, Infants and Children (WIC). If you are on WIC, call your clinic for breastfeeding help.

Oregon 211info

211info.org

Call 211 or 1-800-723-3638

Oregon Public Health Division Healthy People and Families: Breastfeeding

www.healthoregon.org/breastfeeding

Best for Babes

www.bestforbabes.org

Breastfeeding Coalition of Oregon (BCO)

www.breastfeedingor.org

La Leche League

www.llli.org