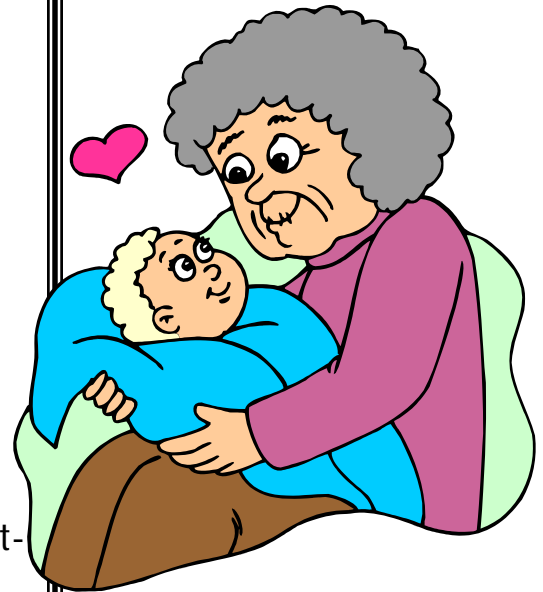




Giving Support to the Breast-Feeding Mother

You can support someone who wants to breast-feed even if you have never breast-fed yourself.

- Urge her to learn about breast-feeding from classes, books, support groups and other successful breast-feeding mothers.
- Help with chores around the house so she can take care of the baby.
- Care for her other children.
- Control visitors to allow her time to rest and nurse.
- Reassure her that she will successfully breast-feed.
- Refer her to a nursing expert who can answer her questions or calm her fears.



Benefits of Breast-Feeding for Baby

Healthier

Closer to mom

Learns better

Better growth

Better digestion

Better jaw development

Benefits of Breast-Feeding for Mom

- ◆ Relaxing
- ◆ Convenient
- ◆ Economical
- ◆ Uterus returns to normal faster
- ◆ Less risk for breast, cervical uterine cancer
- ◆ Weight control
- ◆ Feels closer to baby



Breast Feeding Resources

La Leche League International -

- Phone - 1-847-519-7730
- Web site - www.lalecheleague.org

Local Medical Centers

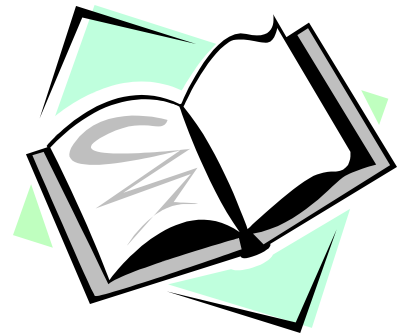
WIC Program at Health Department

Lactation Consultants

Registered Dietitians

Books on Breast Feeding

- *Womanly Art of Breast Feeding*
- *The American Academy of Pediatrics New Mother's Guide to Breastfeeding*



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