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