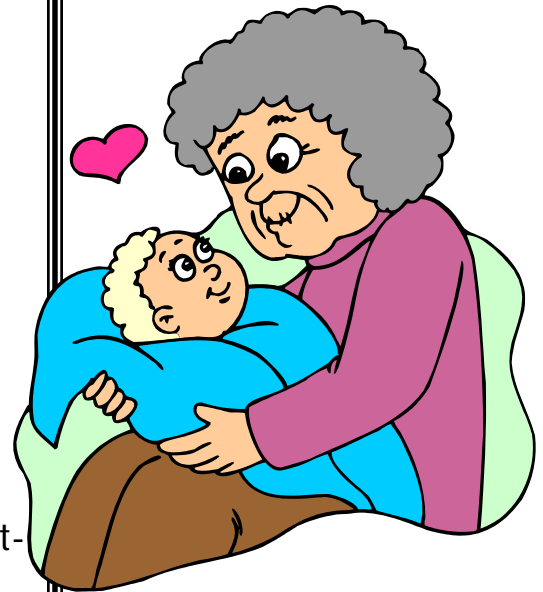




Giving Support to the Breast-Feeding Mother

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

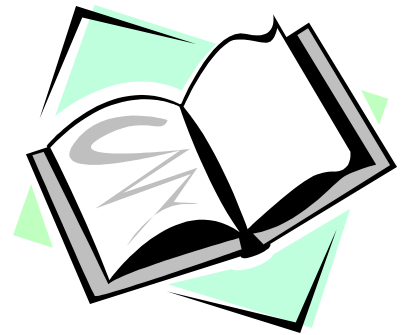
WIC Program at Health Department

Lactation Consultants

Registered Dietitians

Books on Breast Feeding

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



The University of Georgia and Ft. Valley State University, the U.S. Department of Agriculture and counties of the state cooperating. The University of Georgia Cooperative Extension and the Colleges of Agricultural and Environmental Sciences & Family and Consumer Sciences offer educational programs, assistance and materials to all people without regard to race, color, national origin, age, sex or disability.

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Dr. Scott Angle, Dean and Director