

# BREASTFEEDING 101



- 1.** The Canadian Paediatric Society and the American Academy of Pediatrics recommend it.
- 2.** Breastfeeding promotes bonding between mother and baby.
- 3.** Breastfeeding satisfies baby's emotional needs.
- 4.** Breastmilk provides perfect infant nutrition.
- 5.** Breastfeeding decreases mother's risk of breast cancer.
- 6.** Breastfeeding decreases baby girls' risk of developing breast cancer later in life.
- 7.** Breastfeeding is associated with higher I.Q.
- 8.** Breastmilk is always ready and comes in a nicer package than formula does. Need we say more?
- 9.** Breastfed babies have better motor development.
- 10.** Breastmilk contains immunities to diseases and assists in the development of baby's immune system.
- 11.** Breastmilk is more digestible than formula.
- 12.** Baby's suckling helps shrink mother's uterus after childbirth.
- 13.** Baby's suckling helps prevent post-partum haemorrhage in mother.
- 14.** Nursing helps mom lose weight after baby is born.
- 15.** Pre-term milk is specially designed for premature infants.
- 16.** The World Health Organization and UNICEF recommend exclusive breastfeeding for six months.
- 17.** Breastfeeding protects against Crohn's disease.
- 18.** Breastfeeding decreases risk of baby developing diabetes.
- 19.** Breastfeeding baby helps decrease insulin requirements in diabetic mothers.
- 20.** Breastfeeding may help stabilize progress of maternal endometriosis.
- 21.** Breastfeeding decreases mother's risk of developing ovarian cancer.
- 22.** Breastfeeding decreases mother's risk of developing endometrial cancer.
- 23.** Breastfeeding decreases chances of baby developing allergies.
- 24.** Breastmilk dramatically lowers the risk of baby developing asthma.
- 25.** Breastfeeding decreases baby's risk of ear infections.
- 26.** Breastfeeding decreases the risk of sudden infant death syndrome (SIDS).
- 27.** Breastfeeding protects baby against diarrhoeal infections.
- 28.** Breastfeeding protects baby against bacterial meningitis.
- 29.** Breastfeeding protects baby against respiratory infections.
- 30.** Breastfed babies have a lower risk of developing certain childhood cancers.
- 31.** Breastfeeding decreases chances of juvenile rheumatoid arthritis.
- 32.** Breastfed babies are less likely to contract Hodgkins disease.
- 33.** Breastfeeding protects baby against vision defects.
- 34.** Breastfeeding decreases chances of osteoporosis.
- 35.** Breastmilk assists in proper intestinal development.
- 36.** Cow's milk is an intestinal irritant.
- 37.** Breastfed babies are less likely to become obese later in life.

- 38.** Breastfed babies have less chance of cardiopulmonary distress while feeding.
- 39.** Breastfed babies have less chance of developing ulcerative colitis.
- 40.** Breastmilk protects against hemophilus infections.
- 41.** Breastfed babies require shorter pre and post-surgical fasting.
- 42.** Breastfeeding results in less sick days for working parents.
- 43.** Breastfeeding enhances vaccine effectiveness.
- 44.** Breastfed babies have less chance of developing necrotizing enterocolitis.
- 45.** Breastfeeding helps delay the return of fertility.
- 46.** Breastfeeding is easier than using formula.
- 47.** Breastmilk is free.
- 48.** Formula is expensive.
- 49.** Formula costs tax payers millions of dollars.
- 50.** Breastmilk is always the right temperature.
- 51.** Breastmilk always has the right proportions of fat, carbohydrates and protein.
- 52.** Breastmilk makes for more contented babies.
- 53.** Breastfeeding makes for happier moms, too.
- 54.** Breastmilk tastes better than formula.
- 55.** Breastfed babies are healthier.
- 56.** Breastfed babies are less likely to die before their third birthday.
- 57.** Breastfed babies require fewer doctor visits.
- 58.** Breastfeeding mothers spend less time and money on doctor visits.
- 59.** Breastfed babies don't leave any garbage behind.
- 60.** Breastfeeding means no bottles to tote.
- 61.** Breastfeeding means fewer cow-induced global greenhouse gasses.
- 62.** Breastmilk doesn't need to be refrigerated.
- 63.** Cow's milk is designed for baby cows.
- 64.** Human milk is designed for baby humans.
- 65.** Breastmilk provides natural pain relief for baby.
- 66.** Breastmilk provides the perfect food for sick baby.
- 67.** Breastfeeding means more sleep for baby.
- 68.** Breastfeeding means more sleep for mom.
- 69.** Breastfeeding means more sleep for dad.
- 70.** Breastfeeding means less equipment to buy.
- 71.** Breastfeeding means less equipment to maintain and store.
- 72.** Breastmilk has never been recalled.
- 73.** With breastmilk there's no need to worry about bacterial contamination.
- 74.** With breastmilk, there's no need to worry about which brand is better.
- 75.** With breastmilk, there's no need to worry about adding contaminated water.
- 76.** Breastfeeding helps reduce cruelty to farm animals.
- 77.** Breastfeeding facilitates proper dental and jaw development.
- 78.** Breastfed babies get fewer cavities.
- 79.** Breastfeeding means less money spent on corrective orthodontia.
- 80.** Breastfeeding means better speech development.
- 81.** Breastfeeding means less chance of baby getting eczema.
- 82.** Breastfed babies have great skin.
- 83.** Breastfed babies spit up less.
- 84.** Spit-up breastmilk is easier to clean up than formula.
- 85.** Breastmilk contains no genetically engineered ingredients.
- 86.** Breastmilk contains no synthetic growth hormones.
- 87.** Lack of breastfeeding is associated with multiple sclerosis in later life.
- 88.** Breastfeeding means less chance of inguinal hernia.
- 89.** Breastfeeding means better cognitive development.
- 90.** Breastfeeding means better social development.
- 91.** Breastfeeding decreases risk of baby developing urinary tract infections.
- 92.** Suckling optimizes hand-to-eye coordination.
- 93.** Breastfeeding protects babies against iron deficiency.
- 94.** Breastfeeding moms spend less money on menstrual supplies.
- 95.** Breastfeeding is a self-confidence booster for mom.
- 96.** Breastmilk may help combat eye infections.
- 97.** Breastmilk may be a good natural antibiotic for wounds.
- 98.** Breastfeeding means no worries about the latest ingredient discovered to be missing from formula.
- 99.** Breastfed babies have much sweeter smelling diapers.
- 100.** Breastfed babies smell fantastic.
- 101.** Breastfeeding is what breasts were designed for!

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## COMMUNITY BREASTFEEDING RESOURCES

### *Breastfeeding Classes*

All Classes are free and taught by a Certified Lactation Consultant. Support people are encouraged to attend! For times and information call:

- \*St Rita's Medical Center – Call (419)226-9000
- \*Lima Memorial Hospital – Call (419)998-4570
- \*Van Wert County Hospital – Call 1-888-909-8924.

### *Breastfeeding Support*

**Breastfeeding Clinic – St Rita's Hospital.** A free clinic is held every Monday from 1:00 – 4.00 pm. in the 2<sup>nd</sup> floor east conference room. No appointment is necessary. Lactation Consultants available for baby weight checks, questions, problem solving, and breast pump consultation.

**Breastfeeding Clinic – Lima Memorial Health System.** Call for schedule for breastfeeding clinic information.

**La Leche League** – Support group for nursing moms or women interested in breastfeeding. Meetings held the second Tuesday of every month from 7:00 – 9:00 pm. at St Rita's Hospital in the 2<sup>nd</sup> floor east conference room. For more information, call Debby Schymanski at (419)339-9848 or Carol Kleffner at (419)999-1227.

**WIC** – Education, information and support are provided by the staff. Breast pumps are given, as available, for eligible mothers. Call to schedule an appointment. Open Monday – Friday 8:00 – 4:30. Phone (419)224-8200.

**Breastfeeding Support Group – BVRHC – Bluffton** meets 2<sup>nd</sup> Tuesday of each month, 6:30 – 7:30p m. at the OB classroom at the hospital. Call Natalie Shenk or Tricia Phillips 419-423-5518 for more information.

**Breastfeeding Support Group – Van Wert Co. Hospital** meets the 3<sup>rd</sup> Wednesday of each month. No registration required. Call 1-888-909-8924 for more information.

### *Lactation Consultants*

**Janice Ball, IBCLC & Debby Schymanski, IBCLC,** St Rita's Medical Center, Mother Baby Unit, (419)226-9004.

**Theresa Leite, IBCLC, MSN, CNM,** 1220 E. Elm St., Suite 204, (419)224-2632.

**Joan McBride, RN, IBCLC, & Shelly Hughrt, RN, IBCLC,** Family Birth Center, Lima Memorial Hospital, (419)998-4570.

**Melissa Stricklin, BS, IBCLC,** Babies and Blessings Breastfeeding Support Services. 419-303-2757.

### *Reliable Internet Sites*

<http://www.lalecheleague.org> (La Leche League)

<http://www.breastfeeding.com> (user-friendly)

<http://www.bestfed.com>

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