

# Babies Were Born to Breastfeed!

Check off the breastfeeding benefits most important to you:

Baby's Benefits	Mom's Benefits
<input type="checkbox"/> Vitamins in breastmilk help with brain growth. <input type="checkbox"/> Fewer colds, ear infections, and less risk of asthma and allergies. <input type="checkbox"/> Lower risk of obesity. <input type="checkbox"/> Breastfed babies' poop doesn't smell as bad as formula fed babies. <input type="checkbox"/> More bonding time with mom.	<input type="checkbox"/> Breastmilk is free. You can save up to <b>\$1500</b> per year because you don't need to buy formula! <input type="checkbox"/> It burns calories and helps moms lose weight faster. <input type="checkbox"/> You'll be able to attend more social events because your baby won't be sick as often. <input type="checkbox"/> Reduces risk for breast cancer, obesity, and type 2 diabetes.



## How long should I breastfeed?

Doctors say that for the first six months, babies should have only breastmilk. They do not need any other food or fluids, unless a doctor tells you so. After six months, your baby will start eating other foods, but you should continue to breastfeed for at least a year and for as long as you and your baby want.

## How do I prepare for breastfeeding?

**9 out of 10** new moms in LA County start breastfeeding when their baby is born, and with a little preparation and practice, you can too! It's helpful to take a breastfeeding class at WIC or your local hospital, and you'll learn that your body will be ready to go when the baby is born.

## How do I get started?

Right after birth and before being wrapped in a blanket, place the baby on your bare chest. Being "skin-to-skin" with your newborn for the first hour will keep your baby calm and warm, help with breastfeeding, and help you both form a strong bond. Even older babies enjoy being skin-to-skin!

## How can family, friends, or the dad help?

The people closest to you can show their support by going to breastfeeding and prenatal classes with you. They can help with breastfeeding by doing skin-to-skin, changing diapers, burping the baby, bringing you food and water, and creating a calm environment.

## Key Points

- Breastfeed your baby as much as possible for as long as you can. Practice makes perfect!
- Breastfeeding will help you lose weight quickly after the baby is born.
- Breastfed babies get sick less often.

## For More Information

### Women, Infants & Children (WIC)

Visit a local WIC near you for breastfeeding classes, support groups, and more!

### Text 4 Baby

Text **BABY** (or **BEBE** for Spanish) to **511411** to receive three free text messages a week timed to your due date or baby's birthdate.

### Who can help me?

Go to classes, support groups, and talk to other moms who have breastfed. Lactation consultants, doctors and other health care professionals are also ready to help you when you need it. The first few weeks can be hard, so ask for help as soon as you need it.

### What about returning to work or school?

Talk to your family, friends, school and/or job about your breastfeeding plans. Explain what you will need and offer ideas on how to make it work. You can use a breast pump so that your baby can have breastmilk even when you are away.



### Nobody should have to eat in the bathroom!

The law allows you to breastfeed your baby anywhere you want in public. You are also allowed to take time to use a breast pump in a private place, other than a bathroom, when you are at work or school.



### Isn't breastfeeding in front of other people embarrassing?

You don't have to show your body when you breastfeed. Some moms use a cover, blanket, or layer their clothes to cover up. You can practice using them at home so you feel comfortable when you go out.

## True or False?

### 1. Breastfeeding will be painful.

False. Once you and the baby learn how to breastfeed, it should be comfortable and will not hurt.

### 2. Breastfeeding is easier than bottle feeding.

True. Bottles, nipples and formula are easy to lose or forget, but your breasts are always with you and ready to feed your baby!

### 3. Breastfeeding will make my breasts sag.

False. Pregnancy and getting older will change the shape of your breasts, not breastfeeding.

### 4. My breasts are too small to make enough milk.

False. Even small breasts can make enough milk!

### 5. Breastmilk is better than formula.

True. Breastmilk is full of vitamins and healthy things that aren't in formula.

## What if I Need Help?

Need a lactation consultant, support group class or breast pump rental? Check these out:

- **Your Local Hospital** Ask if they have breastfeeding classes, clinics, or support groups
- **Breastfeed LA** [www.breastfeedla.org](http://www.breastfeedla.org) or [www.facebook.com/BreastfeedLA](https://www.facebook.com/BreastfeedLA)
- **La Leche League** Call 847-519-7730 | 800-LALECHE (525-3243) [www.llli.org/resources.html](http://www.llli.org/resources.html)
- **National Breastfeeding Hotline** Call 800-994-9662, [www.womenshealth.gov/breastfeeding](http://www.womenshealth.gov/breastfeeding)
- **LA County Department of Public Health - Maternal, Child, and Adolescent Health Programs** [publichealth.lacounty.gov/mch/CAH/BreastfeedingPromotion.htm](http://publichealth.lacounty.gov/mch/CAH/BreastfeedingPromotion.htm) or call (213) 639-6400