

Lactation Center

WHY WOULDN'T YOU WANT TO BREASTFEED?

Our certified lactation counselors and Women's Center staff are here to help you and your baby succeed with breastfeeding.

- *There has never been a recall on breast milk.*
- The American Academy of Pediatrics recommends exclusive breastfeeding for the first six months, and then up to 12 months or longer with the addition of baby food.
- Breast milk is always in the right container and the right temperature.
- Breast milk meets the nutritional needs of your baby.
- Breastfeeding decreases the incidence of a wide range of infections in the infant. Some of these are diarrhea, respiratory infections and otitis media (ear infections).
- Studies show breastfeeding can decrease the rate of sudden infant death syndrome, reduce the incidence of type 1 and type 2 diabetes, obesity and asthma in children.
- Breastfeeding can help you return to your pre-pregnancy weight sooner.
- Breastfeeding can help reduce mother's chance of breast cancer, ovarian cancer and osteoporosis.
- Breastfeeding saves money: You don't have to buy formula and there are fewer sick visits to the pediatrician. Formula costs at least \$40 per week (\$2,080 for one year).

We're here for you! Our Lactation Center offers:

- **In-patient visits** and assistance with breastfeeding.
- **Routine follow-up calls** after discharge (if desired by Mom).
- Expert advice and assistance through an **outpatient visit or a phone consultation** (call 706/774-2331 to reach the lactation consultant on call).
- **Fittings for bras** through our **Magnolias Breast Health** Shop.

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