

All About Breastfeeding

August is National Breastfeeding Month and highlights the value of breastfeeding for mothers and children. Breastmilk has everything a growing baby needs in exactly the right amounts and is easy to digest. It delivers health, nutritional and emotional benefits to both children and mothers. But while breastfeeding is a natural process, it is not always easy. Mothers need support – both to get started and to continue breastfeeding.

Why is breastfeeding so good for my baby?

Human milk has many benefits for your baby.

- It is easier for your baby to digest.
- It does not need to be prepared.
- It is always available.
- It has all the nutrients, calories, and fluids your baby needs to be healthy.
- It has growth factors that ensure the best development of your baby's organs.
- It has many substances that formulas do not have that protect your baby from many diseases and infections. Breastfed babies are less likely to have: Ear infections, diarrhea, pneumonia, wheezing and bronchitis.
- Research also suggests that breastfeeding may help to protect your baby against obesity, diabetes, sudden infant death syndrome (SIDS), asthma, eczema, colitis, and some cancers.



Why is breastfeeding good for me?

Breastfeeding is good for your health because it helps:

- Release hormones in your body that promote bonding and relaxation.
- Return your uterus to the size it was before pregnancy more quickly.
- Burn more calories, which may help you lose weight.
- Delay the return of your menstrual period to help keep iron in your body.
- Reduce the risk of ovarian, uterine and breast cancer.
- Keep bones strong, which helps protect against bone fractures in older age.
- Reduce the risk of developing type 2 diabetes, rheumatoid arthritis, and cardiovascular disease, including high blood pressure and high cholesterol.

How does breastfeeding help me parent?

Parenting is something we learn on the job, and it can be hard to know what to do. By being present and responsive, offering the breast, and carefully watching our babies, we learn how to be parents.

Breastfeeding meets so many needs that no matter the problem, more often than not, offering the breast solves it. Feeding the baby is one of the clear benefits of having the perfect milk ready at all times, but the breast provides so much more than the answer to a baby's hunger and thirst needs.

- **Over-stimulated?** The breast helps to block out the busyness of the world.
- **Tired?** Nursing to sleep is peaceful and dearly satisfying to both mothers and babies.
- **Sick?** Not only is being cuddled at the breast comforting, but your milk will also help your baby get better with the perfect blend of electrolytes and passive immunity boosters to whatever germ baby is fighting.
- **Hurt?** After a tumble, nothing soothes a baby like time at the breast.
- **Hot or cold?** Our body responds to baby's temperature by altering our own temperature to make sure baby is comfortable.



Are there other breastfeeding benefits?

Breastfeeding has many practical benefits that are good for your whole family and the community.

- **Saving money.** Human milk is much less expensive than formula and breastfed babies usually need fewer doctor visits, medications and hospital stays.
- **Helping the planet.** Breastfeeding usually creates less trash and plastic waste. Human milk is a renewable resource!
- **Sleep.** Studies show that the parents of breastfed babies get more sleep.
- **Traveling light.** You can leave the house without carrying a bag full of feeding equipment.

How do I prepare for breastfeeding?

Pregnant people who learn how to breastfeed, what to expect, and where to go for support are more likely to meet their goals than those who do not. Here are some ways to prepare:

- **Getting prenatal care.** It's important to take good care of yourself and your baby. Babies who are born early (premature) have a harder time breastfeeding.
- **Talking to your doctor.** Make sure your doctor knows you plan to breastfeed. They can give you some resources.
- **Learning about breastfeeding.** Breastfeeding is natural like walking, not like breathing. It has a learning curve. Get prepared by [reading books](#) and joining a [breastfeeding support group](#).
- **Taking a breastfeeding class.** [Local breastfeeding classes](#) offer pregnant women and their partners the chance to prepare and ask questions before the baby's arrival.

Where do I go for breastfeeding support?

Many new parents need some help to successfully feed their babies. They need information, support and encouragement as they learn this skill. To find help near you check out:

- [Lactation Consultants in Linn, Benton & Lincoln counties](#)
- [Benton County WIC](#) - 541-452-3482
- [Lincoln County WIC](#) - 541-265-4163
- [Linn County WIC](#) - 541-967-3888 ext 2619
- [Samaritan Lactation Services](#)
- [The Office on Women's Health Helpline](#) - 1-800-994-9662
- [La Leche League](#) - 541-714-3370

Celebrate Breastfeeding!

Saturday, August 6th 9am-12pm
 Courthouse Annex parking lot
 315 SW 4th Ave Albany, OR



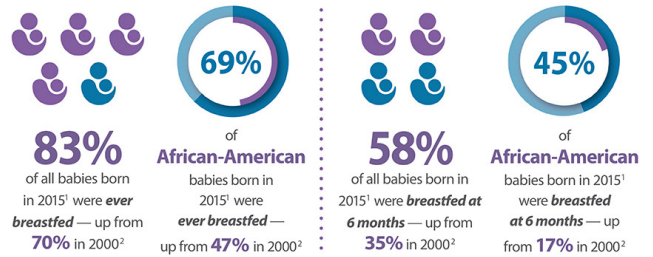
WABA | WORLD BREASTFEEDING WEEK 2022

Free raffle, health and safety info, community, family fun, and more!

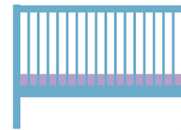
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Breastfeeding It's only natural

More and more moms are breastfeeding...



...saving lives...



Breastfeeding can **reduce the odds** of Sudden Infant Death Syndrome by **50%**³

...and saving money.

Families who follow optimal breastfeeding practices can **save** between **\$1,200 and \$1,500** on infant formula⁴



Help for moms:

Most insurance plans cover **breastfeeding equipment, supplies, and support** at no cost to you.

Need health insurance? Go to **HealthCare.gov** to apply.

Call us at **1-800-994-9662** for free help with breastfeeding.

Get answers to your breastfeeding questions at womenshealth.gov/breastfeeding.

www.facebook.com/HHSOWH
www.twitter.com/WomensHealth
www.youtube.com/WomensHealthgov

1. Centers for Disease Control and Prevention (CDC). (2018). Rates of Any and Exclusive Breastfeeding by Socio-demographics among Children Born in 2015: National Immunization Survey.
 2. CDC. (2017). Nutrition, Physical Activity, and Obesity: Data, Trends and Maps.
 3. Thompson, J.M.D., Tanabe, K., Moon, R.Y., Mitchell, E.A., McGarvey, C., Tappin, D., et al. (2017). Duration of Breastfeeding and Risk of SIDS: An Individual Participant Data Meta-analysis. Pediatrics, 140(5), e20171314.
 4. U.S. Department of Health and Human Services. (2011). The Surgeon General's Call to Action to Support Breastfeeding.

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