



“Breastfeeding is enhanced and the nursing couple sustained by the loving support, help, and companionship of the baby’s father. A father’s unique relationship with his baby is an important element in the child’s development from early infancy.”

– La Leche League International

Special Thanks to:



“A Baby’s Choice”
BABY BORROW RENTALS
 561.686.0101



Founded in 1992, our mission is to ensure a strong, positive climate of breastfeeding promotion, education and support through a cooperative network of community agencies, organizations and individuals.

The American Academy of Pediatrics recommends exclusive breastfeeding for six months, and continuation for at least the first year of life.

www.pbcbreastfeeding.org

PO Box 30412
 Palm Beach Gardens, Florida 33420

(561) 655-6953



Partners with The Children’s Healing Institute, a 501(c)3 social service agency dedicated to child abuse prevention which recognizes the importance of breastfeeding in building healthy relationships in families.
www.childrenhealinginstitute.org

Support for Breastfeeding Families



www.pbcbreastfeeding.org



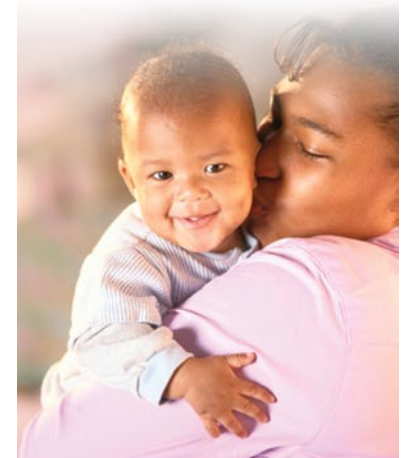
Where Can I Get More Information and Help?

Visit the Breastfeeding Coalition at www.pbcbreastfeeding.org or call **561.655.6953**

You'll find local listings for:

- ♥ **International Board Certified Lactation Consultants (IBCLC)**
– specialists certified to help mothers and babies with specific breastfeeding concerns, unique challenges, or have had breast surgery.
- ♥ **La Leche League meetings**
– Open to all women who have an interest in breastfeeding – before and after you have your baby. Monthly meetings offer encouragement and mother-to-mother support.
- ♥ **Hospital Lactation Centers**
– offered at local hospitals. Services are available to newly delivered mothers and babies including breastfeeding classes, support groups and IBCLC support.
- ♥ **Breast pump rental locations**
– are provided in a list of local retail providers.
- ♥ **Free Childbirth classes** and breastfeeding support for WIC (Women Infants & Children) participants is also available.

- ♥ **Call the National Breastfeeding Helpline | 800 994 WOMAN (9662)** Monday through Friday, 9 a.m. to 6 p.m. Trained counselors can help you with common breastfeeding issues such as nursing positions, questions about pumping and storage, and provide you with the support families need.



- ♥ **Visit your local library or bookstore** and find a selection of recommended breastfeeding books.
The Womanly Art of Breastfeeding
Nursing Your Baby
Nursing Mother, Working Mother
The Ultimate Breastfeeding Book of Answers
Defining your own success: Breastfeeding after Breast Reduction Surgery

Why Should I Breastfeed My Baby?

- ♥ Breast milk provides the perfect infant nutrition. This is especially important for premature babies and for protection against illness.
- ♥ Breastfeeding promotes bonding between mother and baby.
- ♥ Breast milk is FREE and convenient
- ♥ Babies who are NOT exclusively breastfed for 6 months are more likely to:
 - Have ear infections
 - Get type 1 diabetes as a child, or type 2 diabetes as an adult
 - Become overweight or obese
 - Have diarrhea
- ♥ Every time a mother breastfeeds her baby, she gives the gift of life.