

PREVENTION WEDNESDAY

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City of Baltimore Health Department

Breastfed Babies are Healthier Babies!

Breast milk is the best milk for your baby because...

- It has all the nutrients your baby needs.
- It stimulates the baby's brain development.
- It provides antibodies to help boost the baby's immune system to fight against infections.
- Breastfed babies experience less stomach upsets (**infant gas or spit up**).



TIPS for successful breastfeeding

1. Start early.

- Before delivery, inform your doctor and hospital staff that you desire to breastfeed.
- Begin feeding within 1-2 hours after delivery to stimulate your milk production. Ask for help to get started.

2. Breastfeed whenever your baby is hungry.

- This could be as often as every 2 to 3 hours.
- The consistency will change from yellow (colostrum) to white milk in about 7-10 days.

3. Keep yourself healthy and stress free.

- Eat healthy meals and get rest.
- **Ask dad to** help with burping and diaper changes. Accept help from family and close friends.
- See a doctor regularly for exams and preventive care.

4. Prepare for return to work or school.

- Learn how to pump and store breast milk.
- Talk with your employer or school about pumping support.

Need Help With Breastfeeding?

Trained breastfeeding peer counselors are available to answer common breastfeeding questions by phone. **Call the National Breastfeeding Helpline at (800) 994-9662.**

Most Baltimore hospitals have breastfeeding support available. **Call your hospital for more information.**

The Baltimore City WIC Program has Lactation Specialists to help WIC moms with breastfeeding problems and techniques **at (410) 396-9425.**

Resources and Information

Breastfeeding.com

A Website with all the information about breastfeeding.

<http://www.breastfeeding.com/>

The WIC Program

A food and nutrition program for low-income pregnant women, breastfeeding moms, infants and children up to age 5. **(410) 396-9427 or 1 (800) 242-4942**

<http://fha.maryland.gov/wic/>

Women's Health.gov

A Website with the latest information on breastfeeding and womens health.

Call 1 (800) 994-9662

<http://www.womenshealth.gov/>

The Maryland Breastfeeding Coalition

An advocacy organization that promotes and supports breastfeeding in the Maryland area.

<http://www.marylandbreastfeedingcoalition.org/index.html>

La Leche League of Maryland

An organization that can answer questions about breastfeeding and help you connect with other mothers for support in the Baltimore area. **Call (410) 566-7178 or (410) 653-2023**

<http://www.llofmd-de-dc.org/nwbaltimore.shtml>

Baltimore Health Care Access

A program that provides information and resources on accessing health care. For referrals or help with health insurance, **call (410) 649-0500 or dial 3-1-1.**

<http://www.bhca.org/>

B'more for Healthy Babies

A Health Department initiative to prevent infant deaths, promote safe sleep and promote better family health. **(410) 396-9441.**

<http://www.healthybabiesbaltimore.com/>

First Call for Help

Need answers and don't know where to turn? Information and referrals on a variety of health and human service issues are available for you 24 hours a day, seven days a week. To get help, **call 2-1-1 or dial 1 (800) 492-0618.**

<http://www.211.org/>