

# Breastfeeding ... A great start

Breastfeeding is the gold standard of infant nutrition. The unique features in breast milk which make it superior to formula include amino acids and immunoglobulins. Amino acids and omega fatty acids stimulate brain growth and immunoglobulins protect the newborn against infections.

## **There are many other advantages for newborns who are breastfed; some of them are:**

- Easier than formula to digest (less constipation, diarrhea, and spitting up)
- Decreases the risk of Sudden Infant Death Syndrome
- Decreases the risk of allergies (to develop toward milk/foods/environmental)

## **There are also many advantages for mothers who breastfeed their newborns; some of them are:**

- Cost (much cheaper to consume calories to produce breastmilk than to purchase formula)
- Decreases the risk of developing breast cancer or osteoporosis in life
- No preparation (always mixed right, fewer dirty bottles, and always ready in easy to-go containers)

There is lots of breastfeeding support available in our community. The Myrtue obstetric department uses Medela brand breastfeeding supplies. Check out more information at [www.medela.com](http://www.medela.com) The WIC office in Harlan has a certified breastfeeding educator to consult. The OB department has lots of free literature available or books to check out through the Childbirth Preparation Classes. All of our OB nurses have breastfeeding education and we have Certified Breastfeeding Educators on staff to help you. We want you and your newborn to get off to the very best start.

**WIC OFFICE IN HARLAN:** 712.755.7322 or 712.579.0137

**OB SUPERVISOR:** 712.755.4299

**HOSPITAL - ASK FOR OB NURSE:** 712.755.5161



*with you before, during, and after delivery...*

