



# Breastfeeding is Best-feeding!

Spring 2017

Oconto County WIC

## Breastfeeding Beyond Colostrum

Many mothers say they only plan on breastfeeding for the first 2 weeks so the baby can get all the important colostrum. Even though colostrum is extremely beneficial to your baby, breastfeeding beyond 2 weeks has numerous benefits for you and your baby. Offering formula rather than breastmilk after two weeks means that your baby is missing out on the following benefits:

4-6 weeks:

- ❖ Less risk of digestive and respiratory problems (like asthma), pneumonia, meningitis, and SIDS
- ❖ Less diarrhea and constipation
- ❖ Closer bond between mom and baby

3-4 months:

- ❖ Less likely to develop ear infections (1/2 as many as formula-fed infants)
- ❖ Mom will lose more weight than other women who are formula feeding their infants and restricting calories

6 months:

- ❖ Less likely to have allergies
- ❖ Less likely to develop childhood cancers
- ❖ 98% rate of protection against pregnancy for mom (no ovulation and no menstruation) if you are exclusively breastfeeding = no

formula, no water, no solids, and no pacifiers

9 months:

- ❖ Still receiving immunity through mom; especially important since baby is now putting EVERYTHING in its mouth
- ❖ IQ will be on average 8 points higher as a child

1 year +

- ❖ Protection against ulcerative colitis, diabetes, asthma, Crohn's disease, obesity, and high cholesterol as an adult
- ❖ Savings for mom and ad around \$1700
- ❖ Less likely to be a picky eater as a child

## Storing Pumped Breastmilk

- ▶ Fresh milk - at room temp for 4 hours or less (keep covered)
- ▶ Insulated cooler bag - about 40 degrees or less for 24 hours
- ▶ Refrigerator use within 3-5 days
- ▶ Freezer with separate door - 3 months
- ▶ Chest freezer/deep freezer - up to 6 months
- ▶ Once thawed use within 24 hours



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## Support Groups for Breastfeeding

- Breastfeeding Moms of Green Bay
- Breastfeeding Mom Support
- The Big Latch on Green Bay Wisconsin
- Project Support: Breastfeeding Advocacy in Green Bay WI

## Breastfeeding App for Phones

Collective

### **Breastfeeding Bridge Mom/Baby Group** (1 hour class) Bellin – Green Bay

Cost: FREE

Join other moms and their babies “bridge the gap” on the breastfeeding journey. Join us to get a free baby weight check, to have your questions answered by a Lactation Consultant and share experiences and support with other breastfeeding moms. No registration is required and there is no fee to attend. The group meets at 2020 S. Webster, Green Bay on the first Thursday from 6-7pm and on the third Tuesday from 11:00am-12:00pm. **Please note: Breastfeeding Bridge on Tuesdays is moving to a new time in 2017. Please join us every 3rd Tuesday from 11:30-12:30pm.** All moms and babies are welcome to attend.

St. Vincent in Green Bay also has Breastfeeding classes FREE of charge. See their website for specific class options and to register

This institution is an equal opportunity provider.