



# Breastfeeding is Best-Feeding

Winter 2017/2018

Oconto County WIC

*Breastfeeding news, info, tips, etc. WIC promotes and supports mothers and infants who are breastfeeding!*

## **The Health Benefits and Effects for Babies**

- ❖ helps protect babies from diarrhea, ear infections and respiratory infections
- ❖ lower risk for sudden infant death syndrome, diabetes and obesity
- ❖ allows for the bond between the mother and the baby

## **The Health Benefits for Moms**

- lower likelihood of breast cancer, ovarian cancer, type 2 diabetes and heart disease
- maintain their weight and possibly lose weight

## **How Long to Breastfeed Your Baby**

- ✓ exclusively for 6 months (no other liquids)
- ✓ add food to the baby's diet after that timeframe of 6 months and continue to breast-feed until at least 12 months or as long as mutually desired by mother and baby.
- ✓ breast-feeding for 12 months or more has been shown to reduce the risk of breast cancer, ovarian cancer, rheumatoid arthritis, high blood pressure, heart disease and diabetes" for a breast-feeding mom

## **Breastfeeding Positions:**

*Find what you're both comfortable with*

- the cradle hold
  - best for full term babies and once over the age of 1 month when they have better control of their neck
- the cross over hold
  - best for small babies and those that have a hard time latching on
- the clutch or football hold
  - if you had a C-section to avoid baby resting on your stomach and if baby has a hard time latching, this is an easier way to guide your baby towards your nipple
- reclining position
  - if you want to nurse while laying down, especially at night or during a day rest



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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

- Coffective

## **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*