

Breastfeeding can offer many benefits to your new baby. Breast milk is easy to digest and contains the right balance of nutrients to help your infant grow into a strong and healthy toddler. Some of the nutrients in breast milk can help protect your baby against some common childhood illnesses and infections. Breastfeeding can also benefit mothers. Breast and ovarian cancers may occur less often in women who breastfeed their babies. Women who don't have health problems should try and give their babies breast milk for the first 6 months of life. If you have HIV or active tuberculosis, you should not breastfeed because you could give the infection to your baby. Certain medications, drugs, and alcohol can also be passed through the breast milk to your baby and can be harmful.

Sources: Medline Plus, Breast Feeding, 2008
Centers for Disease Control and Prevention, Breastfeeding, 2008

Websites

- Medline Plus www.nlm.nih.gov/medlineplus/breastfeeding.html
- La Leche League www.la lecheleague.org
- The National Women's Health Information Center
www.womenshealth.gov/breastfeeding
- Web MD www.webmd.com/parenting/tc/breast-feeding-topic-overview
- Centers for Disease Control and Prevention www.cdc.gov/breastfeeding

Books and Articles

- The Nursing Mother's Companion (Harvard Common Press, 2005) - list
- Cadwell, K., Turner-Maffei, C., & Blair, A.C., 100 Questions and Answers About Breastfeeding (Jones and Bartlett, 2008) - majors
- Newman, J. & Pittman, T., The Ultimate Breastfeeding Book of Answers (Random House, 2006) – Cindy's list and majors
- Pryor, G. & Huggins, K., Nursing Mother, Working Mother (Natl. Book Network, 2007) – Cindy's list and majors
- Meek, J.Y. & Tippins, S., The American Academy of Pediatrics New Mother's Guide to Breastfeeding (Bantam Books, 2005) - majors

Classes and Support Groups

- Baby Care and Feeding
Salem Hospital, Family Birth Center, for more information please call 503-562-5644
- Mom and Me Breastfeeding Support Group
Salem Hospital, Family Birth Center, for more information please call 503-562-5338

Hospital and Community Programs

- Salem Hospital has Certified Lactation Consultants in our Breastfeeding Services Department who are available for inpatient and outpatient support and care. For more information please call 503-562-5338.

The Community Health Education Center informs, empowers and connects you with the right health information and resources. Please stop by and visit us on the first floor of the Family Birth Center at Salem Hospital, call us at 503-562-CHEC (503-562-2432) or visit us on the web at www.salemhospital.org/chec.