



Breastfeeding is...

- **Nature's Formula.** Human milk provides children with the most complete and optimal mix of nutrients and antibodies.
- **Antibodies.** Protect against meningitis, childhood lymphoma, Crohn's disease and ulcerative enterocolitis.
- **Immunities.** Protect against ear infections and respiratory illness. Breastfed babies are sick less, thus reducing health care costs to family and requiring less time off from work.
- **Security.** Breastfeeding lessens the risk of heart disease in later life. Protects against diarrhea, gastroenteritis and other stomach upsets. Reduced risk of diabetes. Reduced risk of SIDS (sudden infant death syndrome).
- **Vitamins & Minerals.** Increased bone density for your baby.
- **Bonding.** Babies enjoy a special bonding and emotional relationship with mothers.
- **Nurturing.** Breastfeeding plays an important role in the emotional development of babies.
- **Optimum Health.** Breast milk has a varying composition which keeps pace with the infant's growth and changing nutritional needs.
- **Time Saving & Convenient.** Breast milk is always available and at the perfect temperature. It requires no mixing or heating.
- **Free.** Breast milk is free, thus reducing or eliminating the cost of formula.
- **Smart.** Babies develop higher IQ's, better brain and nervous system development.

Woman's Hospital Lactation Support

**Breastfeeding
Warmline**
225-924-8239

**Breastfeeding
Education**
225-231-5475

**Appointments
with a certified
lactation consultant**
225-924-8239

**Breastfeeding
supplies available
through the
Mom & Baby Boutique**
225-231-5578



Link to our
breastfeeding
videos



Woman's

exceptional care,
centered on you

A nonprofit organization | womans.org

Breastfeeding Myths:

1. Modern formulas are almost the same as breast milk.

Not true.

The same claim was made in 1900 and before. Modern formulas are only superficially similar to breast milk. Every correction of a deficiency in formulas is advertised as an “advance,” though no formula is more advanced than breast milk. Formulas contain no antibodies, no living cells, no enzymes and no hormones. They contain much more aluminum, manganese, cadmium and iron than breast milk. They contain significantly more protein than breast milk. The proteins and fats in formula are fundamentally different from those in breast milk. Formulas do not vary from the beginning of the feed to the end of the feed, or from day 1 to day 7 to day 30, or from woman to woman, or from baby to baby. Your breast milk is made as required to suit your baby. Formulas are made to suit every baby, thus are not perfect for any baby. Formulas succeed only at making babies grow well, usually, but there is more to breastfeeding than getting the baby to grow quickly.

2. There is no way to know how much breast milk the baby is getting.

Not true.

There is no easy way to measure how much the baby is getting, but this does not mean that you cannot know if the baby is getting enough. The best way to know is that the baby actually drinks at the breast for several minutes at each feeding (open-pause-close type of suck).

3. It is easier to bottle feed than to breastfeed.

Not true.

Or, this should not be true. Breastfeeding is made difficult because women often do not receive the help they should to get started properly. A poor start can indeed make breastfeeding difficult, but a poor start can also be overcome. Breastfeeding is often more difficult at first, but this can be overcome with proper training and usually becomes easier later.

For breastfeeding assistance, please contact our Lactation Department – 225-924-8239