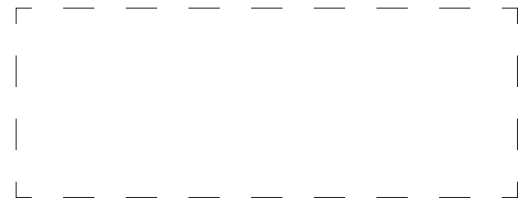


R_x for breastfeeding



I recommend that you breastfeed your baby.

The American Academy of Pediatrics and American Academy of Family Physicians recommend exclusive breastfeeding for about 6 months with continuation of breastfeeding for 1 year or longer as mutually desired by a mother and infant.

Breastfeeding decreases your BABY'S risk of:

- Ear Infections, Colds, and Diarrhea
- Sudden Infant Death Syndrome (SIDS)
- Obesity
- Diabetes
- Asthma
- Childhood Leukemia

Breastfeeding decreases YOUR risk of:

- Breast Cancer
- Ovarian Cancer
- Type II Diabetes

We encourage you to set a breastfeeding goal for you and your baby. While experts recommend breastfeeding for one year, every day that your baby is breastfed makes a difference to your baby's health.

At our office we provide:

- Breastfeeding Classes Breast Pumps
 Lactation Consultants Mom's Groups Other _____

Other Community Resources

Bryan Health

Lactation Consultants 402-481-7103
Breastfeeding Classes 402-481-8070
www.bryanhealth.org

Saint Elizabeth Regional Medical Center

Lactation Consultants 402-219-7471
Breastfeeding Classes 402-219-7000
www.saintelizabethonline.com
lactation@stez.org

MilkWorks

MilkWorks, a community breastfeeding center, offers classes, consultations, moms' groups and breast pumps.
402-423-6402 • www.milkworks.org

La Leche League of Lincoln, NE

La Leche League's trained volunteer Leaders provide mother-to-mother support, encouragement, information, and education.
<http://www.llofne.org>

Women Infants and Children (WIC)

WIC provides breastfeeding education and support, breastfeeding peer counselors, breast pumps, referrals, and supplemental foods to qualifying pregnant and nursing moms.
www.dhhs.ne.gov/wic

Lincoln Lancaster County Health Department WIC
402-441-6200

Family Service WIC 402-441-8655

For more information about breastfeeding resources in your community visit

www.healthylincoln.org/breastfeeding

