

Who Can I Call If I Have a Breastfeeding Question?

Baby Beloved, Inc.
616-977-LOVE (5683)
www.babybelovedinc.com

Booth Family Health Clinic
616-459-9468 ext. 1314

Cherry Street Health Services
Outpatient Lactation Services
(English & Spanish Services Available)
616-235-7272

Kent County Health Department
Lactation Consultants
Community Nursing 616-632-7058
WIC 616-632-7200

La Leche League
616-752-8300

Metro Health Hospital Lactation Services
616-252-7894
www.metrohealth.net

MSU Extension Mother-to-Mother Program
616-336-4003

St. Mary's Health Care Lactation Services
616-752-5602
www.smmmc.org

Spectrum Health Breastfeeding
Outpatient Lactation Services
616-391-9437
www.spectrum-health.org

Breastfeeding Support Groups

Baby Beloved, Inc. 616-977-LOVE (5683)

Booth Family Health Clinic 616-459-9468 ext. 1314

La Leche League 616-752-8300

Metro Health Hospital 616-252-7894

St. Mary's Health Care 616-752-5602

Spectrum Health
Healthier Communities 616-391-5000 (English)
Healthier Communities 616-391-8539 (Spanish)

Clinica Santa Maria (Spanish) 616-913-8400

This information provided by:
Healthy Kent 2010 Infant Health Team
Breastfeeding Task Force

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The Risks of NOT Breastfeeding

The American Academy of Pediatrics recommends breast milk as the ideal food for newborns. As you make your decision about the way you will feed your baby, the following information may be helpful.

Remember, any amount of time you choose to breastfeed will help get your baby off to a good start.

Risks for Mom

If you choose not to breastfeed, you may have:

- Increased risk of certain cancers (breast and ovarian).
- Decreased protection against osteoporosis and hip fracture later in life.
- Delayed recovery from childbirth.
- Increased costs for bottles and formula, time for preparation.

Risks for Baby

If you choose not to breastfeed, your baby may have:

- Decreased IQ.
- Increased risk of allergies and asthma.
- Increased risk of ear infections and respiratory illness.
- Increased risk of diarrhea.
- Increased risk of being overweight or obese later in life.
- Increased risk of insulin-dependent diabetes.
- Increased risk of childhood cancers.
- Increased risk of Sudden Infant Death Syndrome.

Risks for Society

Not breastfeeding leads to:

- Increased costs to manufacture, advertise and distribute formulas and bottles.
- Increased landfill waste.
- Increased work days missed for parent due to an increase in infant illness.
- Increased healthcare costs and insurance claims because of illness.

Sources:

American Academy of Pediatrics - www.aap.org
The American College of Obstetricians and Gynecologists - www.acog.org
La Leche League - www.lalecheleague.org
Lawrence, Ruth, MD. *Breastfeeding: A Guide for the Medical Professional*
Newman, Jack, MD. *The Ultimate Breastfeeding Book of Answers*
U.S. Department of Health & Human Services - www.womenshealth.gov
Walker, Marsha. *Selling Out Mothers and Babies*

For Additional Information:

The Academy of Breastfeeding Medicine - www.bfmed.org
Association of Women's Health, Obstetric and Neonatal Nurses - www.awhonn.org
Centers for Disease Control and Prevention - www.cdc.gov

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