



*“Breastfeeding is enhanced and the nursing couple sustained by the loving support, help, and companionship of the baby’s father. A father’s unique relationship with his baby is an important element in the child’s development from early infancy.”*

– La Leche League International

### *Special Thanks to:*



Founded in 1992, our mission is to ensure a strong, positive climate of breastfeeding promotion, education and support through a cooperative network of community agencies, organizations and individuals.

The American Academy of Pediatrics recommends exclusive breastfeeding for six months, and continuation for at least the first year of life.

[www.PBCbreastfeeding.org](http://www.PBCbreastfeeding.org)

**(561) 655-6953**



Partners with The Children's Healing Institute, a 501(c)3 nonprofit organization dedicated to child abuse prevention which recognizes the importance of breastfeeding in building healthy relationships in families.

[www.childrenshealinginstitute.org](http://www.childrenshealinginstitute.org)

## *Support for Breastfeeding Families*



[www.PBCbreastfeeding.org](http://www.PBCbreastfeeding.org)



## Where Can I Get More Information and Help?

[www.PBCbreastfeeding.org](http://www.PBCbreastfeeding.org) or call **561.655.6953**

*You'll find local listings for:*

- ♥ **International Board Certified Lactation Consultants (IBCLC)**  
Are specialists certified to help mothers and babies with specific breastfeeding concerns, unique challenges, or have had breast surgery.
- ♥ **La Leche League meetings**  
Open to all women who have an interest in breastfeeding – before and after you have your baby. Monthly meetings offer encouragement and mother-to-mother support.
- ♥ **Hospital Lactation Centers**  
Services are offered at local hospitals to newly delivered mothers and babies including breastfeeding classes, support groups and IBCLC support.
- ♥ **Breast pump sales & rental locations**  
Are provided in a list of local retail providers.
- ♥ **Free Childbirth classes** and breastfeeding support for WIC (Women Infants & Children) participants is also available.

- ♥ **Call the National Breastfeeding Helpline 1 800 994 WOMAN (9662)** Monday through Friday, 9 a.m. to 6 p.m. Trained counselors can help you with common breastfeeding issues such as nursing positions, questions about pumping and storage, and provide you with the support families need.



- ♥ **Visit your local library or bookstore** and find a selection of recommended breastfeeding books.  
*The Womanly Art of Breastfeeding*  
*Nursing Your Baby*  
*Nursing Mother, Working Mother*  
*The Ultimate Breastfeeding Book of Answers*  
*Defining your own success: Breastfeeding after Breast Reduction Surgery*

## Why Should I Breastfeed My Baby?

- ♥ Breast milk provides the perfect infant nutrition. This is especially important for premature babies and for protection against illness
- ♥ Breastfeeding promotes bonding between mother and baby
- ♥ Breast milk is FREE and convenient
- ♥ Babies who are NOT exclusively breastfed for 6 months are more likely to:
  - Have ear infections
  - Get type 1 diabetes as a child, or type 2 diabetes as an adult
  - Become overweight or obese
  - Have diarrhea
- ♥ Every time a mother breastfeeds her baby, she gives the gift of life