

Resources for Breastfeeding

Telephone Support:

Chisago County Public Health:
651.213.5231

Breastfeeding Warmlines:

Unity Hospital, Fridley: 763.236.3405
Mercy Hospital, Coon Rapids
763.236.7430



On Line Resources:

Chisago County Wellness
Resource Guide
www.co.chisago.mn.us

LaLeche League
www.llli.org

Breastfeeding video clips
www.breastfeeding.com

Breastfeeding

[www.womensthealth.gov
/breastfeeding](http://www.womensthealth.gov/breastfeeding)

Kelly Breastfeeding
www.kellymom.com

Dr. Jack Newman
www.drjacknewman.com

Dr. Sears
www.askdrsears.com

Chisago County Public
Health offers
breastfeeding education
& videos prenatally
& postpartum as a
free home visit.



Public Health
Prevent. Promote. Protect.

Call to talk with a
Public Health Nurse
Today!

Chisago County
Public Health
651-213-5231
www.co.chisago.mn.us

Breastfeeding:

Simply the Healthiest Choice



Breast milk can begin
a lifetime of good
health for your baby.

Making Milk is Easy!

1. Frequent feeds, not formula.

The more often you feed, the more milk you make. If you give formula, your baby will feel too full to nurse.

2. All you need is breast milk.

For the first 6 months of life, a diet of purely breast milk is all your baby needs. No other food or drink is necessary.

3. Feed early & often.

Feed at the earliest signs of hunger: if baby's awake, sucking on hands, moving his mouth or eyes, or stretching.

4. Say 'No' to pacifiers & bottles.

If pacifiers & bottles are used when your baby is hungry, you may not be nursing enough to make plenty of milk.

5. Watch the baby, not the clock.

Feed your baby when she's hungry & switch sides when swallowing slows down or she takes herself off the breast.

6. Go everywhere!

Plan to take your newborn everywhere with you for the first several weeks.

7. Ask for help if you need it.

If you wait too long to get the help you need, it maybe harder to breastfeed.



*Your milk is
your baby's
perfect food*

Babies who are breastfed for at least 6 months have fewer health problems than babies who are fed formula, including:

- 3 times fewer ear infections
- 5 times fewer urinary tract infections
- 7 times fewer allergies
- Reduced risk of childhood cancer
- Reduced risk of obesity

Breastfeeding is healthy for Mom too

Women who breastfeed lower their risk of breast & ovarian cancer as well as Type 2 Diabetes & osteoporosis.

Breastfeeding reduces the risk of Sudden Infant Death Syndrome (SIDS)

Human milk is easy to digest, so breastfed babies spit up less often & have less diarrhea & constipation.

MINNESOTA'S
VISION
A Better State of Health

Statewide Health Improvement Program | **SHIP**

Funding for this brochure provided by the Statewide Health Improvement Program (SHIP) of the Minnesota Department of Health. For more information, visit <http://www.health.state.mn.us/healthreform/ship>.

Resources: U.S. Dept. of Health & Human Services, Minnesota Department of Health, Centers for Disease Control & LeLeche League