



TOP TEN REASONS TO BREASTFEED YOUR BABY

1. Breast milk is the best and most natural food for baby. It is the only food needed for the first six months.
.....
2. Your breast milk has health benefits that formula can't match. Breastfed babies are sick less often. They are also better protected from diabetes, obesity, allergies, asthma, and even Sudden Infant Death Syndrome (SIDS).
.....
3. Breastfeeding will save you more than \$1300-\$1500 a year, since you won't need to buy formula.
.....
4. Breastfeeding is healthy for you, too. It helps you heal and lose weight after having a baby. It also protects against diabetes and some kinds of cancer.
.....
5. Breast milk is always safe, fresh, and exactly the temperature your baby needs. There is nothing to prepare; it's always ready.
.....
6. Breast milk is the perfect food for your baby and changes to meet baby's needs as he grows.
.....
7. Breastfeeding helps mother and baby share a close and special bond.
.....
8. Breastfeeding is especially important if your baby is born before their due dates. It helps to prevent (NEC) necrotizing enterocolitis and your baby will come home sooner.
.....
9. Breastfeeding allows you to provide something for your baby no one else can provide—even if you're at work.
.....
10. Breastfeeding is good for the environment. Your milk goes from you to your baby—no bottles or cans to recycle.

We can help you breastfeed or pump milk for your baby.

If you have questions or need help, call:

Breastfeeding Center for Greater Washington
(202) 293-5182
www.breastfeedingcenter.org

Children's National East of the River Lactation Support Center
(202) 476-6941
lactationsupport@cnmc.org

Community of Hope Family Health & Birth Center
(202) 540-9857
www.communityofhopedc.org/fhbc

District of Columbia Breastfeeding Coalition
(202) 470-2732
www.dcbfc.org

District of Columbia WIC Program
(202) 442-9397
<http://doh.dc.gov/service-supplemental-nutrition-program-women-infants-and-children-wic>

George Washington University Hospital Lactation Support
(202) 715-4248

**Breastfeeding Lactation Education & Support Services
at Howard University Hospital**
(202) 865-3505
www.huhealthcare.com

La Leche League of DC
(202) 544-3917
www.llofmd-de-dc.org

MedStar Georgetown University Hospital
(202) 444-6455
www.MedstarGeorgetown.org/Lactation

**MedStar Washington Hospital Center
Lactation Resource Center**
(202) 877-2838
www.whcenter.org

Sibley Memorial Hospital Lactation Services Warm Line
(202) 243-2321
sibleylactation@jhmi.edu



**DC BREASTFEEDING
COALITION**

This program is funded wholly, or in part, by the Government of the District of Columbia, Department of Health, Community Health Administration.

