Breastfeeding Benefits All!

Breastmilk is **FREE**! Formula is very expensive!

Infants who are fed only breastmilk for the first 6 months of life are less likely to develop colds, flu, diarrhea and ear infections.

Breastmilk is convenient and easy: always the right temperature and ready when baby is hungry.

Breastfeeding helps moms lose weight gained during pregnancy and reduces the risk of breast and ovarian cancer.

Creates a great bonding experience between mom and baby.

Saves on health care costs because breastfed babies get sick less often.

Leads to fewer work and school days missed due to a sick infant, toddler or child.

Is good for the environment: no bottles to wash or formula cans to throw away.

**Sources:**
The American Academy of Pediatrics: www.healthychildren.org

The National Women's Health Center: www.womenshealth.gov/breastfeeding

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Breastfeeding Promotion & Support Program

Our mission is to improve the health of infants and mothers by promoting, protecting and supporting breastfeeding.

Rockland County
Department of Health
Division of Health Promotion & Chronic Disease Prevention
50 Sanatorium Road, Bldg. J
Pomona, NY 10970

www.rocklandgov.com/health
www.facebook.com/rockhealth
www.twitter.com/rockhealth

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Rockland County
Department of Health

Phone: (845) 364-3786
Fax: (845) 364-3837
Breastfeeding is a rewarding experience that benefits both mother and baby!

The Rockland County Department of Health's staff of lactation professionals provide breastfeeding services for pregnant and breastfeeding mothers.

We provide the following services:

❤ Breastfeeding counseling in person or over the phone

❤ Breastfeeding information

❤ Help with challenges:
  ★ milk supply concerns
  ★ positioning & latching on
  ★ engorgement
  ★ nipple or breast soreness
  ★ how to nurse in public
  ★ breastfeeding multiples
  ★ returning to work & school

❤ Classes, presentations, support groups

❤ Guidance for establishing a worksite lactation program

❤ Assistance with breastfeeding friendly pediatric/OB practice/daycare designation

❤ Hospital Grade Pump Rentals

Support and encouragement are an important part of a successful breastfeeding experience.

For more information or to make an appointment call Laurie, International Board Certified Lactation Consultant (IBCLC) Monday - Friday 8am-4pm at 845-364-3786 or e-mail messingl@co.rockland.ny.us