

LOCAL BREASTFEEDING RESOURCES

Breastfeeding Hotline: (850) 747-5775

(Calls answered by a trained Breastfeeding Peer Counselors 24/7 with access to an IBCLC when necessary)

WIC: (850) 872-4666 – Sandy McCroan, IBCLC

Healthy Start: (850) 872-4455 – option 2 then 5

TAFB: Dale Vance, RN, BSN (850) 238-7511

La Leche League: 800-525-3243 or
lllpcfl@gmail.com

Womenshealth.gov 800-994-9662 (M-F, 9-6 Est.)

 Bay County Breastfeeding Connection

LOCAL BREASTFEEDING CLASSES

Florida Department of Health in Bay County
WIC Program offers classes 3 times a month.
FREE open to public. Call 850-872-4666.

Bay Medical Sacred Heart offers a class every
other month. For more information, call, 850-747-
6456

Gulf Coast Regional Medical Center offers a class
every month. For more information, call, 850-747-
3600

LOCAL BREASTFEEDING SUPPORT GROUPS

Milk Matters!

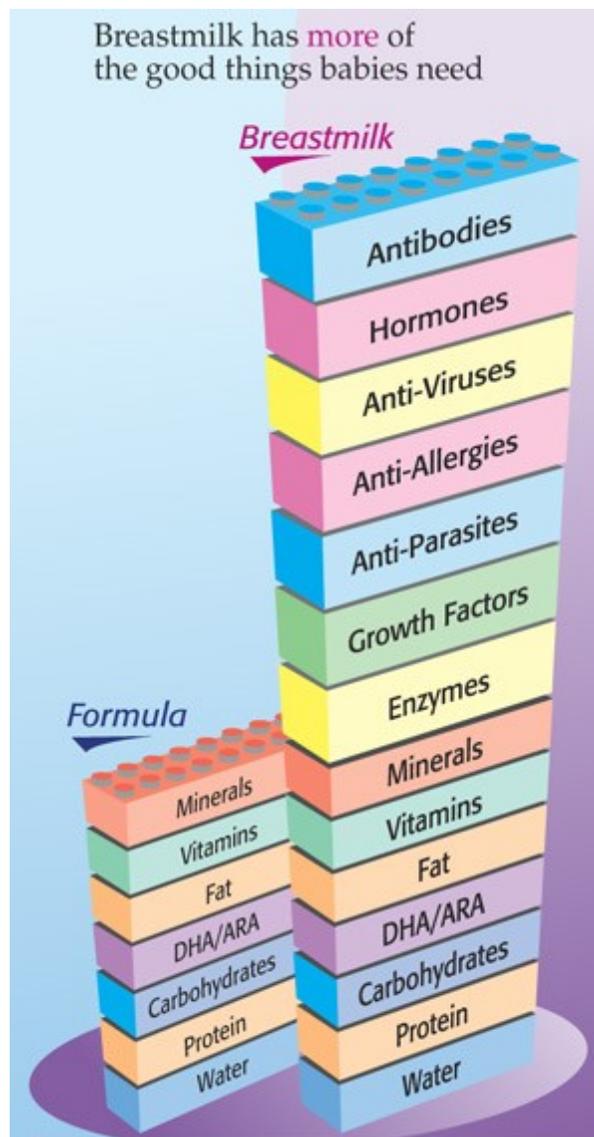
A Mommy & Me Support Group
3rd Thursday @ 10AM
Florida Department of Health Bay County
597 East 11th St.
Call 850-747-5775

La Leche League [http://lllflorida.com/
lalecheleague/groups/lll-of-bay-county/](http://lllflorida.com/lalecheleague/groups/lll-of-bay-county/)

<https://www.facebook.com/groups/LLLPanamaCity>
or Email LLLPCFL@gmail.com For More Infor-
mation

Tea for Two

Gulf Coast Regional Medical Center
2nd & 4th Tuesdays @ 2pm
The Learning Center, 2024 State Ave.
Call Women's Center at 850-747-7700



SOURCES:

American Academy of Pediatrics

CDC

Florida Department of Health

WIC

Office on Women's Health, U.S. Department of
Health and Human Service

The Ounce of Prevention Fund of Florida

Tobacco Free Florida

Breastfeed Bay

Milk Matters. BREASTFEEDING SAVES LIVES



Breastfed babies are at lower risk for:
**SIDS, asthma, obesity, ear infections,
diarrhea, respiratory infections and
type 2 diabetes.**



597 W. 11th ST
Panama City, FL 32401
850-872-4455
www.Bay.FLHealth.gov

 @FLHealthEmerald

BREASTFEEDING AND SAFE SLEEP

The American Academy of Pediatrics, AAP, recommends **breastfeeding** as an **added protection against Sudden Infant Death Syndrome, SIDS**. After feeding, the AAP encourages parents to move the baby to his or her separate sleeping space. **A crib or bassinet in the parents' bedroom** is preferred until the baby turns one and at least for the first six months. **Room-sharing decreases** the risk of SIDS by as much as **50 percent**.

If you think you may fall asleep while feeding your baby, **feed your baby on your bed** rather than a sofa or cushioned chair. If you do fall asleep, **move the baby to his or her own bed** as soon as you wake-up. Always make sure there are **no pillows, sheets, blankets, or other items that could obstruct the infant's breathing or cause overheating**.

Offering a **pacifier at nap and bedtime** can help reduce the risk of SIDS. Breastfeeding moms although should **wait until breastfeeding is going well** before offering a pacifier, usually around one month.



Other ways to reduce the risk of SIDS:

- Avoid baby's exposure to smoke, alcohol and illicit drugs, including while you are pregnant.
- Keep your baby's well baby visits and immunizations up-to-date.

Remember the ABC's of Safe Sleep.

The safest way for babies to sleep is Alone, on Back, in Cribs. **Suffocation and strangulation while sleeping in an adult bed is the leading cause of injury-related death for infant under the age of one.**

BREASTFEEDING HEALTH BENEFITS

The cells, hormones, and antibodies in **breastmilk protect babies from illness**. This protection is unique and changes to meet your baby's needs.

Any baby who is **not breastfed faces higher risk of health problems**, including acute (short term) infections such as diarrhea, ear and respiratory infections and chronic (long term) problems such as asthma, allergies and obesity. Babies who are **premature**, who are **sick when they are born**, or who attend group **day care** are at **highest risk** for health problems if they are not breastfed.

Research suggests that **breastfed babies** have **lower risks** of:

- Asthma
- Childhood leukemia
- Childhood obesity
- Ear infections
- Eczema (atopic dermatitis)
- Diarrhea and vomiting
- Lower respiratory infections
- Necrotizing enterocolitis, a disease that affects the gastrointestinal tract in pre-term infants
- Sudden infant death syndrome (SIDS)
- Type 2 diabetes

Breastfed babies may also be **sick less often**, which can help keep your baby's **health costs lower**. Research shows the **benefits are greater** for children who are breastfed **past the 6-month mark**. The AAP recommends exclusive breastfeeding until six-months, and continued breastfeeding until age one.

For most babies, especially premature babies, **breastmilk substitutes** like formula are **harder to digest** than breastmilk. Formula is made from cow's milk, and it often takes time for babies' stomachs to adjust to digesting it.

Breastfeeding also helps a mother's health and healing following childbirth. Breastfeeding leads to a lower risk of these health problems in mothers:

- Type 2 diabetes
- Certain types of breast cancer
- Ovarian cancer

Breastfeeding may also help you get back to your pre-pregnancy weight more quickly.

IS IT SAFE TO SMOKE, DRINK, OR USE DRUGS WHILE BREASTFEEDING?

If you smoke, it is best for you and your baby to quit as soon as possible. If you can't quit, it is still better to breastfeed because it can help protect your baby from respiratory problems and SIDS. Be sure to smoke away from your baby and change your clothes to keep your baby away from the chemicals smoking leaves behind. Ask your doctor or nurse for help quitting smoking. **Tobacco Free Florida offers 3 easy and FREE ways to quit, visit www.TobaccoFreeFlorida.com or call 1-877-U-CAN-NOW (822-6669).**

You should **avoid alcohol in large amounts**. According to the American Academy of Pediatrics (AAP), an occasional drink is fine. The AAP recommends waiting two or more hours before nursing. You also can pump milk before you drink to feed your baby later.

It is **not safe for you to use an illicit drug**. Drugs such as cocaine, marijuana, heroin, and PCP can harm your baby. Some reported side effects in babies include seizures, vomiting, poor feeding, and tremors.

CAN I TAKE MEDICATIONS IF I AM BREASTFEEDING?

You can take certain medicines while breastfeeding, but not all. Almost all medicines pass into your milk in small amounts. Some have no effect on the baby and can be used while breastfeeding. Always talk to your doctor or pharmacist about medicines you are using and ask before you start using new medicines. This includes prescription and over-the-counter drugs, vitamins, and dietary or herbal supplements. For some women with chronic health problems, stopping a medicine can be more dangerous than the effects it will have on the breastfed baby.

The National Library of Medicine offers an online tool to learn about the effects of medicines on breastfed babies. The website address is **<https://toxnet.nlm.nih.gov/newtownext/lactmed.htm>**. You can print out the information you find here and take it to your doctor or pharmacist to discuss. There is also an app you can download and check on your phone, **LactMed**.