

## Benefits of Breastfeeding

The American Academy of Pediatrics and World Health Organization recommend breastfeeding. Exclusive breastfeeding is recommended for the first 6 months of a baby's life.

- Breast milk is more digestible than formula.
- Breast milk helps pass meconium.
- Breast milk contains immunities to diseases and aids in the development of your baby's immune system.
- Breastfeeding satisfies your baby's emotional needs and increases bonding between mother and baby.
- Breastfeeding triggers the release of a hormone called oxytocin that causes the uterus to contract. This helps the uterus return to its normal size more quickly and may decrease the amount of bleeding you have after giving birth.
- Breast milk provides perfect infant nutrition. As your baby grows, your breast milk changes to adapt to the baby's changing nutritional needs. Breast milk always has the right proportions of fat, carbohydrates and protein.
- Breastfeeding decreases your baby's risk of otitis media (ear infections).
- Breastfed infants have a lower risk of sudden infant death syndrome.
- Breast milk aids in the proper development of a baby's gastrointestinal tract
- Breastfeeding facilitates proper dental and jaw development and less tooth decay and better speech development
- Breastfeeding decreases the chance of your baby getting eczema and can delay the onset of allergies.
- Breastfeeding may make it easier to lose the weight you gained during pregnancy.
- Breastfeeding reduces a mother's risk of breast and ovarian cancer.

## Breastfeeding Resources

The following are selected resources for breastfeeding support in the community.

### For information about breast pump rentals

- **Medela**  
800-835-5968  
[www.medelabreastfeedingus.com/products/572/symphony-breastpump](http://www.medelabreastfeedingus.com/products/572/symphony-breastpump)
- **Ameda**  
866-992-6332  
[www.ameda.com/breast-pumps/multi-user-breast-pumps/ameda-platinum-breast-pump](http://www.ameda.com/breast-pumps/multi-user-breast-pumps/ameda-platinum-breast-pump)

### Breast pumps via insurance

Personal electric breast pumps are covered by many insurers via prescription from your doctor. Some insurance plans may have different requirements; check with your plan.

### Community groups

- **The Women, Infants and Children Program (WIC):** WIC has lactation counselors and consultants available. NYP WIC 549 West 180th Street, 2nd fl. Walk in or call 212-928-0182 to make an appointment.
- **New York Breastfeeding Alliance, Inc:** Offers breast pump sales and rentals, telephone support, and breastfeeding support. 646-229-7029.
- **Pechitas Café NYP WIC Breastfeeding Center:** 549 West 180th St, 2nd fl. 212-928-0182 Thursdays 1:30-2:30pm.
- **Breastfeeding Café at the YMCA YM & YWHA of Washington Heights and Inwood:** 54 Nagle Avenue, 212-569-6200 Thursdays 12:30-1:30pm
- **La Leche League International:** Offers free, peer-breastfeeding support to individuals and groups. 800 LA LECHE, [www.lllmanhattan.org](http://www.lllmanhattan.org)