

Keys to Breastfeeding Satisfaction:

Breastfeeding is a skill that you and baby learn. Having good help can make it easier, so seek out informed and knowledgeable help about breastfeeding (see back cover for a list of resources).

- Ask for help right away if you have any questions or concerns
- Attend breastfeeding classes with your partner
- Request support from your partner and family
- Look for resources in your community
 - La Leche League meetings
 - Mother's groups
 - Parenting classes
 - Drop-in sites

Do You Need Help? Please call...

Saskatchewan HealthLine: 1-877-800-0002

The Breastfeeding Support Centre: 655-4806,
Breastfeeding information and assistance,
community Lactation Consultants.

At your local library, check out these books

Dr. Jack Newman's Guide to Breastfeeding,
The Womanly Art of Breastfeeding, La Leche League
Mothering Your Nursing Toddler, Norma Jane Baumgarter
Breastfeeding Made Simple, N. Mohrbacher

Check out this website: www.LLLC.ca
for local meeting information

Developed by Saskatoon Health Region
Mother Baby Breastfeeding Initiative Committee,
March 2002. Adapted by The BCS and funded by CPNP.



Breastfeeding Committee
for Saskatchewan

mother's
milk
baby's
choice

BreastFeeding Committee for Saskatchewan

mother's milk

Breastfeeding is the normal way to feed infants and young children. A good start helps to make breastfeeding a positive experience for both mom and baby. Support is available to get you off to a good start and to help you continue to breastfeed into the second year and beyond.

b a b y ' s c h o i c e

Baby's Choice

Women are breastfeeding today because breast milk is:

- baby's first and daily immunization
- warm and always available
- easy to digest
- free
- the only food your baby needs in the first six months
- environmentally friendly
- important during baby's first two years and longer

When infant formula is introduced, babies have more problems such as:

- spitting up ● diarrhea
- constipation ● ear infections
- diabetes ● allergies ● asthma
- admissions to hospital ● obesity



Women like breastfeeding because:

- the longer you breastfeed, the easier it becomes
- it helps you to lose weight after pregnancy
- it improves your health and decreases your risk of breast cancer, ovarian cancer and osteoporosis (thinning of the bones)