

# 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 cervical 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](http://www.healthychildren.org)

The National Women's Health Center:  
[www.4women.gov/breastfeeding](http://www.4women.gov/breastfeeding)



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  
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[www.rocklandgov.com/health](http://www.rocklandgov.com/health)  
[www.facebook.com/rockhealth](http://www.facebook.com/rockhealth)  
[www.twitter.com/rockhealth](http://www.twitter.com/rockhealth)

C. Scott Vanderhoef  
County Executive



Joan H. Facelle, M.D., MPH  
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**Breastfeeding is a rewarding experience that benefits both mother and baby!**



The Rockland County Department of Health's Certified Lactation Counselors provides free breastfeeding services for pregnant and breastfeeding mothers.

**We provide the following services:**

- ♥ Breastfeeding counseling in person or over the phone
- ♥ Breastfeeding information
- ♥ Support & referral
- ♥ Help with challenges:
  - \*milk supply concerns
  - \*positioning & latching on
  - \*engorgement
  - \*nipple or breast soreness
  - \*how to nurse in public
  - \*breastfeeding twins or more
  - \*returning to work & school
- ♥ Classes and presentations
- ♥ Resource materials
- ♥ Support groups
- ♥ Guidance for employers on establishing a worksite lactation program
- ♥ Worksite Lunch & Learn presentations about breastfeeding

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



For more information or to make an appointment call Laurie, Certified Lactation Counselor Monday - Friday 9am-5pm at 845-364-3865 or e-mail [messingl@co.rockland.ny.us](mailto:messingl@co.rockland.ny.us)