

I Taught My Child Today... by breastfeeding my little one.



Ideas to Promote Breastfeeding

- Breastfeeding provides physical contact that babies love. It is warm, comforting, and provides security.
- Breastfeeding is a bonding experience. Mothers find it calming and a quiet time to relax. It provides a healthy start for this new life. Breast milk is always warm and ready.
- Establishing a good routine for breastfeeding saves time and money. You won't have to buy, measure or mix formula. You can save the cost of formula and feeding supplies.
- Breast milk is considered the perfect food for babies. It is easier to digest so the baby has less vomiting and diarrhea. It provides vitamins, minerals and other nutrients needed for growth and development.
- Breastfed babies are sick less often so working mothers miss fewer work days.
- Breastfeeding helps your body recover from labor and delivery. It assists your uterus to shrink back to size.

When mothers breastfeed their babies, they are giving their little one the very best start in life. A foundation for learning is in place when babies are healthy. A first step to good health takes place through breastfeeding. Mothers are providing this healthy foundation as their child's first teacher. Fathers build a bond with their breastfed baby in many different ways. Sometimes they look at baby's routines and take on an activity to be their sole job. For example, one-on-one time could take place at bath time every day. By supporting breastfeeding through positive encouragement, fathers play an important role as first teachers of their child.

Moms often plan to breastfeed through the first year of life or longer or even for a short period of time. Any breast milk received is better than none. Support for breastfeeding mothers is available through Women, Infants and Children (WIC). This is a federal program providing food, nutrition counseling, breastfeeding support and referrals for eligible pregnant women, infants and children under five years of age. Peer Counselors are trained and available to help moms who breastfeed. They are WIC moms who have breastfed their own babies. The Peer Counselors are also available to provide information, referrals, comfort and encouragement. Catholic Charities WIC may be able to help a breastfeeding mom who is WIC eligible access a breast pump free of charge.

Resource: Catholic Charities WIC for Niagara and Erie County, www.ccwny.org,
www.health.ny.gov/prevention/nutrition/wic/ and www.breastfeedingpartners.org

Infancy Leadership Circle/Erie:
A Project of New York Zero-to-Three Network—Raising Voices For Babies