

Breastfeeding

Why Should I Breastfeed My Baby?



Good for Baby:

- ready supply of all-natural milk – right nutrients, right temperature
- digests breastmilk more easily – not as constipated or colicky
- reduced risk of sudden infant death syndrome (SIDS), juvenile diabetes, necrotizing enterocolitis (NEC), ulcerative colitis, obesity
- your breastmilk is your baby's first immunization
- less susceptibility to infant diarrhea, ear infections and common viruses, colds, flu
- fewer allergies, eczema & asthma
- best promotes growth, improved IQ

Good for Mom:

- less vaginal bleeding after delivery, uterus, weight reduce more quickly
- reduced risk of breast and ovarian cancer – risk continues to drop the longer you breastfeed
- increase bone density – reduced risk of osteoporosis
- save time – no formula to mix or bottles to sterilize
- save money – no formula to buy



Baby Café *Tuesdays 11 am to 1 pm*
Relax and join us for coffee, support and information facilitated by a registered nurse and certified lactation consultant.

- Learn about breastfeeding during your pregnancy
- Meet other moms who are breastfeeding
- Get answers to breastfeeding questions and concerns

No reservations are needed.

Sisters of Charity Hospital
M. Steven Piver Center Conference Room
2121 Main Street, Buffalo, NY 14214

Did you know?

Most insurance plans have coverage towards a breast pump so moms can easily pump milk after returning to work.

- ☎ Catholic Health Baby Café:
(716) 862-1939
- ☎ Lactation Office @ Sisters of Charity Hospital: (716) 862-1939
- ☎ Lactation Office @ Mercy Hospital of Buffalo: (716) 828-2616
- ☎ Lactation Office @ Mount St. Mary's Hospital: (716) 298-2478
- ☎ McAuley-Seton Home Care:
(716) 685-4870 (Mother Baby Team)
- ☎ Care Connection: (716) 725-6370
(Lactation & Wellness)
- ☎ Baby's Sweet Beginnings:
(716) 681-8100 (Breastfeeding, Maternity)
- ☎ WIC: (716) 218-1484
(Breastfeeding Info & Pumps)
- ☎ Catholic Health Classes: (716) 447-6205

www.WomenCareWNY.org
www.Breastfeeding.com
www.Illi.org
www.breastfeedingonline.com
www.aap.org
www.nysbreastfeeding.org
www.womenshealth.gov/breastfeeding
www.careconnectiononline.com