

Breastfeeding Support and Resources – Alabama

Excellent Website- Alabama Breastfeeding Committee <http://alabamabreastfeeding.org/importance-of-breastfeeding/>

Alabama Breastfeeding Resource Guide 2016 - Loads of Local resources for supporting nursing mothers
<http://adph.org/wic/assets/2016BreastfeedingResourceGuide.pdf>

Why Is Breastfeeding Important?

Breastfeeding is a natural process that is nutritionally sound. Breastfeeding can help babies stay healthy and is a beautiful and intimate way to for mothers to get to know their newborn. Mother's milk is perfectly matched to her baby's needs. The contents of your milk change as he or she grows. Mother's milk is more than food for the baby. Only mother's milk also works like a medicine to protect your baby.

- Breast milk gives the infant the ideal balance of nutrients and infection-fighting antibodies. Mother's milk contains live cells and other growth factors that help promote the best possible development.
- Parts of mother's milk help to activate and develop you baby's immune system.
- The special mixture of fats in mother's milk helps develop the baby's brain and eyes. This can never be made the same way in formula.
- Many of the benefits of mother's milk extend well past the time you stop breastfeeding.
- Breastfeeding is also a part of mother's relationship with their baby and promotes bonding.
- Breast milk can reduce the development of allergies in babies. The number one allergy in the US is the cow's milk protein, casein. The second highest food allergy is soy. Baby formula is made from cow's milk or soy. Early introduction of casein and soy can stimulate sensitivity to these and result in allergies later.

Benefits of Breastmilk

How Do Babies Benefit from Breastfeeding?

- Less diarrhea, constipation, and spitting up
- More easily digested and absorbed nutrients
- Lower numbers and severity of respiratory, urinary, ear and other infections
- Less likely to suffer from childhood cancers, asthma, allergies, obesity, diabetes, eczema, and chronic bowel diseases
- Less risk of SIDS (sudden infant death syndrome)
- Better response to vaccinations
- Higher IQ and higher scores on test of development throughout childhood
- Healthier teeth
- Lower re-hospitalization rate

Benefits into adulthood

- Lower cholesterol levels
- Less ulcerative colitis

- Less Crohn's disease
- Less heart disease

Fewer complications for premature and pre-term infants, such as:

- Necrotizing enterocolitis (NEC)
- Chronic lung disease
- Special eye problems
- Infections

How Do Mothers Benefit from Breastfeeding?

- Breastfeeding is not only good for babies, but also has benefits for mothers. Some of the benefits specifically for mothers include:
- Helps women lose weight gain in pregnancy
- Lower risk of breast cancer
- Lower risk of ovarian cancer
- Lower risk of osteoporosis (thinning of bones)
- Less missed time at work and fewer doctor's visits
- Less expense and more convenience feeding their baby
- Comforts baby quickly – so less crying and happier baby
- Breastfeeding hormones help mothers feel calm and connect with their baby
- Lower risk of heart and blood vessel disease and diabetes
- Less postpartum bleeding
- Lower risk of postpartum depression

Breastfeeding Support and Groups for Support

Link to list of LOCAL Support Groups <http://alabamabreastfeeding.org/breastfeeding-support-groups/>

Birthwell Partners – Central Alabama <http://www.birthwellpartners.org/>

BirthWell Partners is not-for-profit a community doula project whose mission is to improve the health of low-resource mothers and infants in Central Alabama by offering free and reduced-cost childbirth education, breastfeeding assistance, and non-medical labor support provided by birth doulas.

Baby Cafe USA

Anniston First Christian Church
1327 Leighton Ave., Anniston
Tuesdays – 10am-1pm

Birmingham St. Vincent's Hospital
810 St. Vincent's Drive, Birmingham
Tuesdays 1pm
Wednesdays 10am AND 1pm
205-212-6667

St. Vincent's 119
7191 Cahaba Valley Rd, Birmingham
Wednesdays 10am-12noon
205-408-6600

Fairhope Fairhope Dental Association
108 Professional Park Dr., Fairhope
Fridays 12pm-1:30p
51-279-1175 OR 251-279-1478

Electronic Breastfeeding Support Resources

WIC

[Office of Women's Health: Your Guide to Breastfeeding \(Patient Education Booklet\)](#)

[Academy of Breastfeeding Medicine: Clinical Protocols for Care of Breastfeeding Mothers and Infants](#)

[Breastfeeding Made Simple: Animated Latch](#)

(Notice where the baby's chin touches the breast – at the edge of the areola.)

[CDC: Breastfeeding Report Card 2013](#)

[Baby Friendly Hospital Initiative: 10 Steps to Successful Breastfeeding](#)

[Best Start: Guidelines for Nursing Mothers \(tummy size, output, feeding frequency, and weight\)](#)

[Stanford School of Medicine: Hand Expression of Breastmilk Video](#)

[United States Breastfeeding Committee](#)

[Office of the Surgeon General: Call to Action to Support Breastfeeding](#)

[International Lactation Consultant Association](#)

[ROSE \(Reaching Our Sisters Everywhere\)](#)

[World Health Organization – Health Topic: Breastfeeding](#)

[WHO Breastfeeding Poster](#)

[Dr. MILK Support program for physician mothers](#)

[Baby Friendly USA](#)

[The Joint Commission: Perinatal Care](#)

2014 Breastfeeding Report Card

Breastfeeding Support and Resources Toolkit from the American Academy of Family Physicians

Coffective (Helping families get off to a great start)

National Breastfeeding Helpline 1-800-944-9662

Special Thanks to the Alabama Breastfeeding Committee.