Breastfeeding for NOLA moms

DID YOU KNOW?

- Formula could cost anywhere from $1,200 to $1,500 in the first year alone. Breast milk is free.
- Babies who are not breastfed are at a higher risk for many sicknesses including diarrhea, ear infections, and pneumonia.
- Babies who are not breastfed are at a higher risk of sudden infant death syndrome (SIDS).
- Breastfeeding helps moms and babies bond.

TIPS FOR MAKING BREASTFEEDING EASIER

Get support from your family and friends
- Talk to your family and friends about your choice to breastfeed.
- Having their support can help make breastfeeding easier.

Ask your doctor or lactation nurse for help
- During your pregnancy, there is a lot your doctor wants to talk to you about. Make sure they know you are interested in learning more about breastfeeding by asking questions before your baby is born.

Talk with your manager at work
- If you are an hourly worker, the law says that your employer must give you break time and space (a bathroom does not count) to pump breast milk while you are at work.
- Help your workplace create a breastfeeding policy if there is not one already.

Know what resources are out there
- If you qualify for Women, Infants and Children (WIC) assistance, ask about the package for breastfeeding mothers.
- Talk to your insurance company to find out how to get a breast pump.
- Louisiana law says that you can breastfeed in public.
> Greater New Orleans Breastfeeding Awareness Coalition (GNOBAC)
> GNOBAC’s goal is to increase awareness of the benefits of and support for breastfeeding and to partner with other organizations in creating a community that values the support and promotion of breastfeeding. Go to www.gnobac.org for more information.

> Mom-to-Mom Breastfeeding Support Groups
> These meetings are open to any pregnant and breastfeeding moms.
> • La Leche League of New Orleans: lllofneworleans@gmail.com, www.facebook.com/LaLecheLeagueOfNewOrleans
> • La Leche League of Jefferson: www.facebook.com/llljefferson

> ZipMilk
> Enter your zip code for a list of all breastfeeding help in your area. Listings include lactation consultants, community breastfeeding educators and counselors, support groups, and WIC coordinators/clinics. Go to www.zipmilk.org for more information.

> Louisiana Breastfeeding Coalition (LBC)
> The LBC is a member organization with the aim of making breastfeeding the norm in Louisiana. The LBC’s website links mothers, families and all sectors of the community to breastfeeding information and resources. Go to www.louisianabreastfeeding.org for more information.

> Partners for Healthy Babies
> Call 1-(800) 251- BABY (2229) for any baby or breastfeeding related questions and to be connected to resources, or visit www.1800251baby.org for more information.

> Women, Infants & Children (WIC)
> WIC provides certain additional foods for pregnant and breastfeeding women, and infants and children up to 5 years of age. Breastfeeding moms can get breast pumps and other breastfeeding support through WIC, too. Call (504) 568-8202 for more information, or go to www.dhh.louisiana.gov to find clinic locations.

> Hospital Breastfeeding Centers/Lactation Consultants
> • East Jefferson General Hospital: (504) 454-4323
> • Ochsner Medical Center – Main Campus: (504) 842-5210
> • Ochsner Medical Center – West Bank: (504) 391-5195
> • Ochsner Medical Center – Kenner: (504) 464-8345
> • Touro Infirmary: (504) 897-8130
> • Tulane-Lakeside Hospital: (504) 780-4365
> • West Jefferson Medical Center: (504) 349-6004