

## Online Breastfeeding Resources

La Leche League of the  
Treasure Coast  
[www.lloftc.org](http://www.lloftc.org)

La Leche League USA  
[www.llusa.org](http://www.llusa.org)

Florida WIC Program  
[www.floridahealth.gov/programs-and-services/wic](http://www.floridahealth.gov/programs-and-services/wic)

American Academy of Pediatrics  
Breastfeeding Initiatives  
[www2.aap.org/breastfeeding/](http://www2.aap.org/breastfeeding/)

Florida Breastfeeding Coalition  
[www.flbreastfeeding.org](http://www.flbreastfeeding.org)

Centers for Disease Control  
[www.cdc.gov/breastfeeding/](http://www.cdc.gov/breastfeeding/)

World Health Organization  
[www.who.int/topics/breastfeeding/en/](http://www.who.int/topics/breastfeeding/en/)

The Surgeon General's Call to  
Action to Support Breastfeeding  
[www.surgeongeneral.gov/topics/breastfeeding/](http://www.surgeongeneral.gov/topics/breastfeeding/)

~NOTES~

## Breastfeeding Beginnings



Google Images

"Mother's milk, time-tested for millions of years, is the best nutrient for babies because it is nature's perfect food."

~ Robert S. Mendelsohn



This institution is an equal  
opportunity provider.

## Mothers Helping Mothers Support Group

### *St. Lucie West*

Meets every 3<sup>rd</sup> Thursday

10 AM - 12 PM

St. Lucie West WIC Office

531 NW Lake Whitney Place

Port St. Lucie, FL

### *Fort Pierce*

Meets every 2<sup>nd</sup> Thursday

11:30 AM - 12 noon

Fort Pierce WIC Office

714 Avenue C

Fort Pierce, FL

- ◆ Free Books and Literature
  - ◆ Meet other Moms
  - ◆ Kids' Activities
  - ◆ Breastfeeding Peer Counselor Support

## Why Breastfeeding is Best for Baby

1. Colostrum is the first milk baby receives. It is full of nutrients and antibodies, exactly what baby needs the first few days of life.
2. Your breast milk is tailor-made for your babies growth needs.
3. Breast milk is easier for babies to digest than formula made from cow's milk.
4. Breastfed babies have lower rates of ear infections, diarrhea and are sick less.
5. Breastfeeding reduces the risk of your baby developing diabetes, childhood leukemia and childhood obesity.

## Why Breastfeeding is Best for Mom

1. Once established, breastfeeding is easier than formula feeding; no bottles or nipples to sterilize, no formula to measure and mix, and no formula to heat up for night feedings!
2. Breastfeeding saves money because there is no formula to purchase and breastfed babies are sick less often saving on doctor visits.
3. Breastfeeding is linked to lower rates of breast cancer, ovarian cancer, type II diabetes and postpartum depression in mothers.

Source: WomensHealth.gov/Breastfeeding

## St. Lucie Breastfeeding Support Resources

### Lactation Consultants:

**Michelle Hoff, RN, IBCLC\***

Lawnwood Regional Medical Center

772-468-4491

**\*WIC Office: 772-873-4891**

(Leave voice mail and Michelle will return your call)

**Jessica Griffin, RN, IBCLC**

St. Lucie Medical Center

772-398-3826

**Bernadette Clark, RNC, BSN IBCLC**

St. Lucie Medical Center/Healthy Start

772-398-3643/772-475-0968

### WIC Peer Counselors:

**Anne Alexander**

772-344-1224

**Jessica Fox**

772-985-2307

**Kelly Hernandez**

772-807-2363

**Crystal Morris**

305-924-5007

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