

Online Breastfeeding Resources

La Leche League of the
Treasure Coast
www.lloftc.org

La Leche League USA
www.llusa.org

Florida WIC Program
www.floridahealth.gov/programs-and-services/wic

American Academy of Pediatrics
Breastfeeding Initiatives
www2.aap.org/breastfeeding/

Florida Breastfeeding Coalition
www.flbreastfeeding.org

Centers for Disease Control
www.cdc.gov/breastfeeding/

World Health Organization
www.who.int/topics/breastfeeding/en/

The Surgeon General's Call to
Action to Support Breastfeeding
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.

Designed by: J. Muzzin, Dietetic Intern, Feb. 2013

Mothers Helping Mothers Support Group

St. Lucie West

Meets every 3rd Thursday

10 AM - 12 PM

St. Lucie West WIC Office

531 NW Lake Whitney Place

Port St. Lucie, FL

Fort Pierce

Meets every 2nd 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
