

KITSAP SUPPORTS BREASTFEEDING

www.kitsapsupportsbreastfeeding.com



Why is Breastfeeding Important?



Breast Milk Provides Nutrition

Breast milk has the right amount of fat, sugar, water, protein, and minerals needed for a baby's growth and development. As your baby grows, your breast milk changes to adapt to the baby's changing nutritional needs.



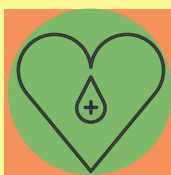
Breastfeeding Helps Protect Babies

According to the American Academy of Pediatrics, breastfeeding can help protect babies from a variety of diseases and conditions including but not limited to: diarrhea, diabetes, lymphoma, leukemia, Hodgkin's disease, and childhood obesity – as well as providing protection against infections of the ear, respiratory tract, and urinary tract.



Breastfeeding is Eco-friendly

Breast milk is a naturally renewable resource that requires no packaging, shipping, or disposal.



Breastfeeding Benefits Mom

Breastfeeding triggers the uterus to return to its normal size more quickly and can reduce the amount of bleeding after giving birth. It also burns as many as 500 extra calories each day, which can make it easier to lose the weight gained during pregnancy. Women who breastfeed have lower rates of breast and ovarian cancers, type 2 diabetes, high blood pressure, and heart disease.



Breastfeeding Saves Money

Breastfeeding is free! Formula feeding can cost a family \$1,500 or more for the baby's first year. Breastfed babies are also less likely to need more extensive medical attention as they grow which results in fewer medical expenses.

Prepared in partnership by

Virginia Mason Franciscan Health and the Kitsap Public Health District

www.kitsapsupportsbreastfeeding.com



KITSAP SUPPORTS BREASTFEEDING

www.kitsapsupportsbreastfeeding.com

Where Can I Find Resources and Support in Kitsap County?

An Award-Winning Hospital



The International Board of Lactation Consultant Examiners® (IBLCE®) and International Lactation Consultant Association® (ILCA®) have recognized St. Michael Medical Center for excellence in lactation care. Additionally, St. Michael has received the Gold Breastfeeding Friendly Washington Award and a Baby-Friendly Hospital designation by Baby-Friendly USA.



Breastfeeding Campaign

As partners, Kitsap Public Health District and St. Michael Medical Center have created a campaign with support agencies, up-to-date breastfeeding resources, community events, and information. Visit us on Facebook, Instagram and at www.kitsapsupportsbreastfeeding.com

Breastfeeding Coalition



The mission of the Kitsap County Breastfeeding Coalition is to protect, promote, and support breastfeeding by providing mothers, and their families, with the education and resources that will assist them in achieving their breastfeeding goals. The Kitsap County Breastfeeding Coalition continues to support women annually at the Kitsap County Fair by hosting a Baby-Friendly Lounge.

Prepared in partnership by
Virginia Mason Franciscan Health and the Kitsap Public Health District
www.kitsapsupportsbreastfeeding.com



KITSAP PUBLIC
HEALTH DISTRICT



Virginia Mason
Franciscan Health

345 6th Street, Suite 300
Bremerton, WA 98337
(360) 728-2235