

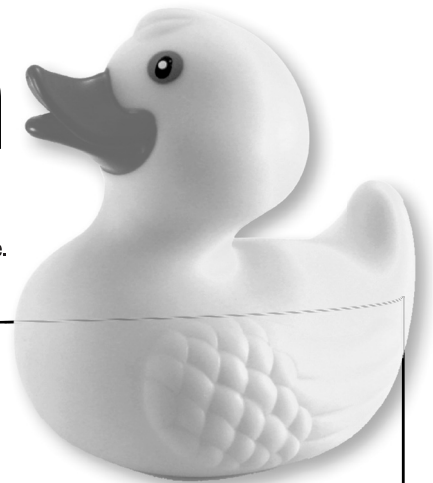
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For Traci,

Breastfeeding is about Health... as well as Lifestyle

At five months of age bright-eyed Elsa is thriving and keeping her parents on the go. "Time is flying by and it seems like only yesterday I was pregnant," said Traci Kelsall. "I am breastfeeding my baby not just because it's a great bonding experience, but also for the health benefits." Lydia Soberano, Public Health Nurse and Lactation (or breastfeeding) Consultant says, "Babies are much healthier when they are breastfed because their mother's milk provides them with important antibodies that help them fight off infections."

For more information on breastfeeding, contact your local Public Health Unit.

Lactation Consultant, Lydia Soberano helps Traci and Elsa in the early days of breastfeeding.



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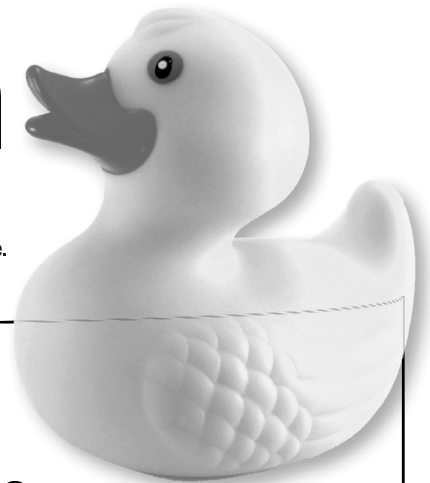
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Breastfeeding Tips

Did You Know?

- ▶ Mom's early breast milk (or colostrum) is wonderful "super-milk" that helps protect the newborn baby from infections.
- ▶ Mom's breast milk coats and protects baby's gut and is vital to baby's early development. Even one bottle of formula can change baby's stomach lining and can make baby sensitive to cow's milk proteins.
- ▶ Breastfeeding helps regular immunizations protect baby better.
- ▶ Breastfeeding helps you lose your pregnancy weight sooner. It also helps protect you against future breast cancer, ovarian cancer, and hip fractures.
- ▶ Formula-fed babies are more likely to get diabetes, bowel diseases, and some childhood cancers, and are more likely to become obese adults.

- ▶ Breastfeed early and often – start within an hour of birth.
- ▶ Babies who are getting enough breastmilk wet and soil their diapers frequently. Young babies should have dirty diapers after most breastfeedings.
- ▶ Your breastmilk is the only food your baby needs for the first six months. Avoid giving water or formula, especially in the early days, as this will reduce the amount of milk you produce.
- ▶ Breastfeeding reduces illness even in toddlers, so the World Health Organization recommends breastfeeding for at least two years or longer.
- ▶ If you have questions or concerns about breastfeeding, phone a Public Health Nurse for help. Consider attending a breastfeeding clinic.
- ▶ When you can't give your baby your own breastmilk or banked breastmilk, give formula. Don't give babies non-formula milks.
- ▶ Moms and babies should avoid tobacco smoking and smoke. Need help to quit? Try www.quitnow.ca.
- ▶ It's dangerous to look after or feed your baby if you're under the influence of alcohol or other drugs that affect your thinking. See your health professional if you need help.
- ▶ Healthy food makes healthy bodies. Check out the new Canada Food Guide at www.hc-sc.gc.ca

"I fully support breastfeeding as one of the most important things a mother can do for her child. Breast milk is the best nutrition even for the tiniest of premature babies needing intensive hospital care," **explains Dr. Zenon Cieslak, Medical Director of the Critical Care Unit for babies, Neonatologist and Paediatrician at the Royal Columbian Hospital.** "As a Paediatrician, I advise breastfeeding mothers to continue to breastfeed in the vast majority of circumstances, even at times when their infant is unwell, experiencing diarrhea or fighting an illness."

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