

# Breastfeeding Basics

## Southwest Health District 8/2

### Information you will find below:

- Benefits to Baby
- Benefits to Mom
- Breast Pumps in Southwest Georgia
- Find Breastfeeding Support
- Find Breastfeeding Help
- Breastfeeding Links



### Benefits to Baby:

- Human milk is nutritionally perfect for human infants.
- Human milk changes to meet the needs of a growing baby.
- Human milk is easily digested, so breastfed babies have less gas, colic and spitting up.
- Human milk contains important nutrients as well as special protective factors that produce less diarrhea, fewer urinary tract infections, fewer ear infections etc.
- Breastfeeding gives babies a chance to touch, to smell, to hear, to see, to taste, to know their mother from the first moment of birth.

### Benefits to Mom:

- Breastfeeding requires no mixing, no measuring, and no clean-up, making nighttime feedings quick and easy.
- Breast and babies are portable.
- Breastfeeding promotes a special relationship between a mother and her baby.
- Parents who breastfeed save more than \$1000 in infant feeding cost during the first year alone.
- Women who breastfeed have less vaginal bleeding and less risk of hemorrhage after birth.
- Milk production requires 500-1000 calories a day. Women who breastfeed lose pregnancy weight more easily than women who formula-feed.
- Breastfeeding reduces the risk of breast cancer in young women. The longer you breastfeed, the lower your risk.
- Breastfeeding reduces the risk of uterine cancer and ovarian cancer.
- Breastfeeding improves bone density and reduces the risk of hip fractures in older women.

## **Breast Pumps in Southwest Georgia:**

- **Hospital Grade Electric Pumps – Rental**

Albany, Dougherty Co.

Childbirth & Lactation Dept.  
Phoebe Putney Memorial Hospital  
507 Third Ave., Suite 4  
Albany, GA 31701  
229-312-0053

Moultrie, Colquitt, Co.

Regional Healthcare Systems, Inc.  
123 31<sup>st</sup> Ave., SE  
Moultrie, GA 31768  
229-985-2432

Bainbridge, Decatur Co.

Bainbridge Pharmacy  
1420 E. Evans St.  
Bainbridge, GA 31717  
229-246-2320

Thomasville, Thomas Co.

Archbold Homecare Supply  
2705 E. Pinetree Blvd.  
Thomasville, GA 31792  
229-228-5886

- **Personal Use Electric Pumps - Purchase**

Albany, Dougherty Co.

Childbirth & Lactation Dept.  
Phoebe Putney Memorial Hospital  
414 Fifty Ave.  
Albany, GA 31701  
229-312-0053

Moultrie, Colquitt Co.

Regional Healthcare Systems, Inc.  
123 31<sup>st</sup> Ave., SE  
Moultrie, GA 31768  
229-985-2432

Albany, Dougherty Co.

Target  
2721 Dawson Rd.  
Albany, GA 31707  
229-888-1333

Thomasville, Thomas Co.

Archbold Homecare Supply  
2705 E. Pinetree Blvd.  
Thomasville, GA 31792  
229-228-5886

## **Find Breastfeeding Support:**

Support Groups meet at the following places and times:

Albany: Phoebe Putney Memorial Hospital  
3<sup>rd</sup> Thursday of every month, 1-3 pm  
For more information call 229-312-0053

Moultrie: Colquitt Regional Medical Center  
1<sup>st</sup> Tuesday of each month, 6:30 pm  
Call 229-891-9551 for more information (leave message)

Thomasville: Archbold Memorial Hospital  
3<sup>rd</sup> Thursday of each month  
Call 229-228-2808 for more information

Thomasville: Thomas Co. Public Library  
Last Friday of each month, 10–11:30 am  
Call 229-227-9194 for more information

## **Find Breastfeeding Help:**

**Certified Lactation Counselors:** (CLC) are health professionals trained specifically in breastfeeding and lactation. Most of our health departments and birthing hospitals have one or more trained CLC's on staff.

- For a listing of all Health Departments in our district: [click here](#)

**International Board Certified Lactation Consultants:** (IBCLC) are breastfeeding consultants with additional training and experience. Certification requires 2500 hours of clinical experience and a BS degree or a 2-3 year degree with 4000 clinical hours. All candidates must successfully pass the IBCLC exam. Several hospitals in our region employ IBCLC's.

- Archbold Memorial Hospital: 229-228-2808
- Colquitt Regional Medical Center: 229-891-9551 or 229-890-3545
- Phoebe Putney Memorial Hospital: 229-312-0053

## **Breastfeeding Links:**

- [American Academy of Pediatrics](#) – breastfeeding page
- [Amy's Babies](#) - a site for parents and professionals who'd like to learn more about breastfeeding
- [Avent Breastfeeding Center](#) – breast pump company's breastfeeding page
- [Breastfeeding Task Force](#) – resources for breastfeeding mothers in different languages
- [Centers for Disease & Control & Prevention](#) – importance of breastfeeding
- [Common Sense Breastfeeding](#) – large variety of common sense information on breastfeeding
- [Georgia DHR Nutrition / WIC Section](#) – Georgia WIC's breastfeeding page
- [Healthy Mothers, Healthy Babies Coalition of Georgia](#)
- [Kelly Mom](#) – breastfeeding and parenting information for mothers (and dads!)
- [La Leche League International](#) – help for breastfeeding mothers
- [Lactation Education Resources](#) - variety of breastfeeding information
- [Massachusetts Breastfeeding Coalition](#) – variety of breastfeeding information
- [Medela Breast Pumps](#) – information for the *expectant* mother
- [Medela Breast Pumps](#) – information of the *nursing* mother
- [National Women's Health Information Center](#) – breastfeeding page
- [The Breastfeeding Friendly Clinic](#) – breastfeeding advices, assistance, and advocacy
- [USDA Food & Nutrition Services](#) – breastfeeding page
- [USDA WIC Learning Center on Breastfeeding](#) - national WIC breastfeeding center

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