

BREASTFEEDING.

GOOD FOR BABY, GOOD FOR MOM,
GOOD FOR SOCIETY.

How is Breastfeeding Best for Baby?

1. Mother's milk has just the right amount of fat, sugar, water and protein that is needed for baby's growth and development.
2. Most babies digest breast milk easier than formula. In the early feedings, it has a natural laxative to help clear meconium and mucus.
3. Breast milk has antibodies to help protect infants from bacteria and viruses; and to help them fight infection and disease.
4. Yes, babies do breastfeed for food, thirst, medicine and pleasure. Breast milk is also rich in nutrients and antibodies to protect your baby.

How is Breastfeeding Best for Mom?

1. Breastfeeding saves time and money.
2. You do not have to purchase, measure and mix formula; there are no bottles to warm in the middle of the night.
3. Breastfeeding allows a close bond to form with your baby.
4. Nursing uses up extra calories, making it easier to lose pounds gained during pregnancy.
5. Breastfeeding helps the uterus to get back to its original size and lessens the bleeding women have after giving birth.
6. According to The National Women's Health Information Center, breastfeeding is linked to a lower risk of health problems for mothers such as Type 2 diabetes, breast and ovarian cancer and postpartum depression.

How is Breastfeeding Best for Society?

1. Breastfeeding saves on health care costs. According to The Women's Health Information Center, total medical care costs for the nation are lower for fully breastfed infants since breastfed infants typically need fewer sick care visits, prescriptions and hospitalizations.
2. Reduces insurance premiums for both parents and employees.
3. Reduces tax burden on communities and government, since children are properly fed.
4. Reduces absenteeism in the workplace due to children's reduced incidence of illness.
5. Reduces global pollution by decreasing the use of resources and energy requirements to produce and distribute materials created by the manufacturing and use of artificial baby milk.

Breastfeeding Help

The breastfeeding services at Northwest Medical Center – Bentonville and Willow Creek Women's Hospital have been created specially for new mothers. Here in a warm and supportive environment, new mothers can discuss their breastfeeding goals, concerns and babies' needs with certified lactation consultants. Breastfeeding advice and assistance are available by calling 479-553-1255, 8 a.m.-4 p.m., Monday – Friday, or the Arkansas Breastfeeding Help Line 844-344-0428 after-hours and weekends.

Basic Breastfeeding

Breastfeeding classes are offered several times monthly for expectant parents. For class times and dates, please call Northwest Medical Center – Bentonville at 479-544-0405 or Willow Creek Women's Hospital at 479-684-3210.

Breastfeeding Newborns

Breastfeeding specialists make rounds daily while you are in the hospital to give individual instruction to mothers and their newborns on proper latch-on and positioning techniques and other special situations.

Outpatient Consultation

Mothers who have gone home and would like further instruction and assistance can call and schedule an appointment. If a doctor refers you, a summary of your lactation consultation will be sent to your physician to provide continuity of care.

Lactation Consultants

To support you in your breastfeeding experience, Northwest Medical Center – Bentonville and Willow Creek Women's Hospital have experienced lactation consultants on-site to help you:

Corey Addison, RN, CBS
Diana Davitt, RN, CBS
Gwyn Barnes, RN, RLC
Melissa Cleaveland, BSN, RN, IBCLC
Dana Arrieta, RN, IBCLC
Marybeth Greene, RN, CBA

For questions, concerns or to make an appointment for an outpatient lactation consult, call Northwest Medical Center – Bentonville at **479-553-1255** or Willow Creek Women's Hospital at **479-684-3210**.



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