

Who We Are

The mission of the Breastfeeding Coalition of Broward County is to improve the health of Broward County residents by working collaboratively to protect, promote and support breastfeeding as the norm.

Through our work and effective partnerships, we will achieve optimal health, enhance child development, promote knowledgeable and effective parenting, support women in breastfeeding, and make optimal use of our resources.



Broward County Breastfeeding Coalition

780 S.W. 24th Street
Fort Lauderdale, FL 33315
(954) 467-4511

www.browardbreastfeedingcoalition.org

Breastfeeding Websites

****** www.BFAR.org

www.Illi.org/resources/assistance.html

www.kellymom.com

www.workandpump.com

[www.Illflorida.com/
lalecheleague/groups/Ill-of-ft-lauderdale](http://www.Illflorida.com/lalecheleague/groups/Ill-of-ft-lauderdale)

www.womenshealth.gov/itsonlynatural/

****** (Provides information and support to mothers who wish to breastfeed after breast or nipple surgery.)



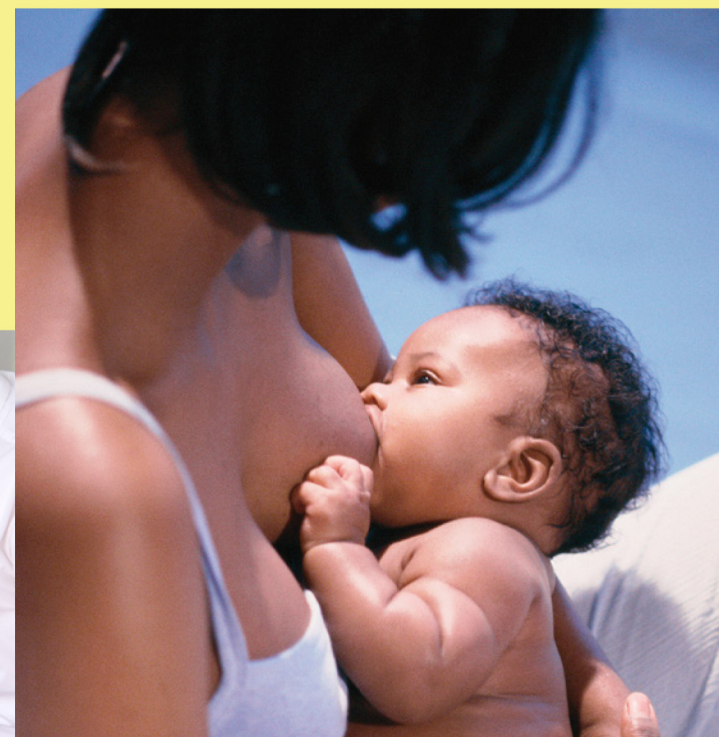
Florida Department of Health in Broward County

780 S.W. 24th Street
Fort Lauderdale, FL 33315

Resource Guide

BROWARD COUNTY BREASTFEEDING COALITION

**The Best Protection
for Your Baby**



www.browardbreastfeedingcoalition.org

What Can You Do During Your Pregnancy To Prepare For Breastfeeding After Returning To Work or School?



- Take a breastfeeding class, which may be offered at the hospital where you plan to deliver your baby.
- Join a breastfeeding support group to talk with other moms about breastfeeding while working.
- Talk with your employer about your plans.
- Find out if your company offers a lactation support program for employees.
- Find out whether a child care facility close to where you work is available, so that you can visit and breastfeed your baby during lunch or other breaks.



Breastfeeding Support

Private Lactation Consultants

A Mother's Choice Breastfeeding	(954) 749-9990
Birthing & Beyond Inc.	(954) 274-5386
Loving Start	(954) 435-4471
Natural Birth Works	(954) 780-9033

Community Support

Florida Department of Health in Broward County WIC 24 hour support line	(954) 467-4511
Broward County Healthy Start Coalition	(954) 563-7583

Hospitals

Holy Cross Hospital	(954) 351-5929
Northwest Medical Center	(954) 978-4063
Plantation General Hospital	(954) 513-6409

Broward Health

Medical Center	(954) 468-5276
Coral Springs	(954) 344-3344

Memorial Healthcare Systems

Regional	(954) 265-4078
West	(954) 844-9908
Miramar	(954) 538-5181

5 Benefits of Breastfeeding

1. Lower risk of Sudden Infant Death Syndrome (SIDS).
2. Protection against common childhood infections and less likely to develop allergies, ear and respiratory infections, asthma, diabetes, and obesity.
3. Free food for your baby.
4. Burns calories, may help you return to your pre-pregnancy weight, and helps reduce risk of postpartum depression.
5. Foster a stronger bond with your baby.



When Should You Seek Breastfeeding Help

- Persistent difficulty with baby latching or pain while breastfeeding.
- Inadequate diaper output:
 - Less than 2-3 stools per day by age 3 days.
 - Less than 2 wet diapers per day by age 2 days.
 - Less than 6-8 wet diapers per day by age 7 days.
 - Less than 2-4 stools per day by age 7 days.
- Persistent fussing at the breast: squirming, crying, pulling, or arching off the breast.
- Infant weight gain of less than 6-8 ounces a week.

