



INFORMATION ON BREASTFEEDING

OFF TO A GOOD START: The benefits of breastfeeding have been well documented, but many mothers find it difficult to continue to nurse when they return to work. Many organizations offer support and information. Some resources:

LA LECHE LEAGUE: Offers information about local groups and leaders and publishes "The Womanly Art Breastfeeding". Call (800) LA-LECHE.

MOTHERWEAR: Offers free pamphlets, including "Breastfeeding and Return To the Work Force", and "Nursing in Public", and sells products for nursing mothers. Call (800) 950-2500.

BEST START SOCIAL MARKETING: Offers "Working & Breastfeeding – Can You Do It? Yes, You Can!" published by the National Healthy Mothers, Healthy Babies Coalition. Call (800) 277-4975

LACTATION CONSULTS

Breast Pump Rentals and Sales * Lactation Consultations

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