

# BREASTFEEDING SUPPORT

## It Takes a Village



Planning ahead can help you get breastfeeding off to a good start.



Breastfeeding gradually gets easier, not harder.



Be patient, seek help and be kind to yourself.



Breastfeeding doesn't have to stop because you must go back to work.



You have the right to feed your baby in public.



Family and friends can help you in your breastfeeding journey.



Breastfeeding is natural but must be learned.



Breastfeeding provides nutrition and comfort for your baby.

## How much milk does your newborn need at each breastfeed?

*This is not your baby's stomach size, but how much milk they will take.*



DAY 1  
5ml



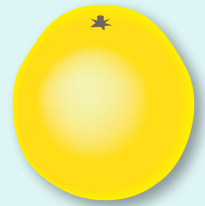
DAY 2  
5-15mls



DAY 3  
15-30mls



DAY 4  
30-45mls



DAY 5  
45-+60mls

Information from La Leche League

## HOW TO GET FREE HELP

### Ashley Calderone, MSN, RN, IBCLC, C-ONQS:

Maternal Child Lactation Station  
Cleveland Clinic Martin  
North Hospital  
200 SE Hospital Ave., Stuart  
(772) 223-5945 Ext. 11665

### Martin County WIC Program:

Florida Department of Health  
3441 SE Willoughby Blvd., Stuart  
(772) 221-4986

*This institution is an equal opportunity provider.*

### La Leche League of the Treasure Coast:

(772) 675-5908  
Facebook @ lloftc.org (send a message if you would like to join)

### Healthy Start:

Martin County Healthy Start Coalition  
963 SE Federal Hwy., Stuart  
(772) 463-2888

### FCHC:

Florida Community Health Centers, Inc.  
3441 SE Willoughby Blvd., Stuart  
(772) 403-5650

### Text4baby:

www.text4baby.org  
Text: Baby to 511411 for English  
Text: Bebe to 511411 for Spanish



FLORIDA DEPARTMENT OF HEALTH  
3441 SE Willoughby Blvd. • Stuart, FL 34994 • 772-221-4000  
[www.MartinCountyHealth.com](http://www.MartinCountyHealth.com)

# APOYO A LA LACTANCIA

## Necesita a todo un pueblo



Planear a tiempo es un buen comienzo para lactancia materna.



La lactancia materna gradualmente se hace mas fácil, no mas difícil.



La mamá debe ser paciente, buscar ayuda y ser benevola con ella misma.



La lactancia materna no debe ser suspendida si la mamá tiene que regresar a trabajar.



La mamá tiene todo el derecho de lactar a su bebé en sitios públicos.



Los familiares y amistades pueden apoyar a la mamá durante el periodo de lactancia materna.



La lactancia materna es algo natural pero, debe ser aprendida.



La lactancia materna le dará los nutrientes y el confort que el bebé necesita.

## ¿Qué cantidad de leche necesita un recién nacido cada vez que sea amamantado?

Esto no es el tamaño del estómago de un bebé, es la cantidad de leche que el bebé debe tomar.

Información de "La Leche League"



DIA 1  
5ml



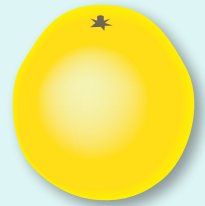
DIA 2  
5-15mls



DIA 3  
15-30mls



DIA 4  
30-45mls



DIA 5  
45-+60mls

## GUÍA PARA CONSEGUIR AYUDA GRATIS:

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