

The AAP recommends exclusive breastfeeding for about 6 months, with continuation of breastfeeding for 1 year or longer as mutually desired by mother and infant, a recommendation concurred to by the WHO<sup>1</sup> and the Institute of Medicine.<sup>2</sup>

**At Polk-Norman-Mahnomen Public Health, we believe that offering Human Milk is the preferred method of feeding all infants. Breast feeding is one of the most important things you can do to give your baby the best start in life. Breastfeeding is beneficial for Babies, Mothers, Families, Workforce and the Environment.**

**Benefits for Babies:**

- Breast milk is species-specific. It is made by the human body for the human baby
- Breast milk helps to protect babies from many illnesses. From ear infections, colds, allergies, diarrhea, and constipation
- Breast milk is easy to tolerate and digest
- Breastfeeding is great for mother-baby bonding

**Benefits for Mothers:**

- Breastfeeding saves time. No bottles to clean
- Breastfeeding helps a Mother relax. Hormones help you to enjoy and feel closer to your baby
- Breastfeeding may help a Mother lose weight  
Breastfeeding may help lower your risk for breast and ovarian cancers, osteoporosis, diabetes and heart disease

**Benefits for Families**

- For families, the purchase of infant formula can amount to \$1,200–\$1,500 or more for the baby’s first year. Breastfeeding saves the family money.
- Families are happy knowing their babies are getting the best nutrition possible.

**Benefits for the Workforce:**

- For the nation’s employers, breastfeeding results in increased productivity, and less sick days missed from work due to healthier children.

**Benefits for the Environment:**

- Millions of formula cans, metal and paper packing are added to our landfills each year. Breastfeeding offers no waste.

*For information and assistance with Breastfeeding, check out the various resources.*

**Breastfeeding resources - Local Help:**

**Polk County Public Health:**

**Tammy Conn IBCLC**  
P. O. Box 403  
Crookston, MN 56716  
PH: 218-281-3385  
Fax: 218-2891-7376

**Polk County WIC Program**  
PH: 218-281-1673

**Online Resources:**

- [www.cdc.gov/breastfeeding](http://www.cdc.gov/breastfeeding)
- [www.kellymom.com](http://www.kellymom.com)
- [www.breastfeedingonline.com](http://www.breastfeedingonline.com)
- [www.Illi.org](http://www.Illi.org)

**Telephone Resources:**

- **Breastfeeding Helpline National Women’s Health Information Center:**  
M-F, 9-6pm EST (English and Spanish)  
1-800-994-9662 toll-free

1. World Health Organization. The optimal duration of exclusive breastfeeding: report of an expert consultation. Accessed Dec. 12, 2011. Available at:  
[www.who.int/nutrition/publications/optimal\\_duration\\_of\\_exc\\_bfeeding\\_report\\_eng.pdf](http://www.who.int/nutrition/publications/optimal_duration_of_exc_bfeeding_report_eng.pdf)
2. Institute of Medicine. Early childhood obesity prevention policies. June 23, 2011. Available at:  
[www.iom.edu/obesityyoungchildren](http://www.iom.edu/obesityyoungchildren)