

What The Experts Say

The American Academy of Family Physicians recommends that all babies, with rare exceptions, be breastfed and/or receive expressed human milk exclusively for the first six months of life.

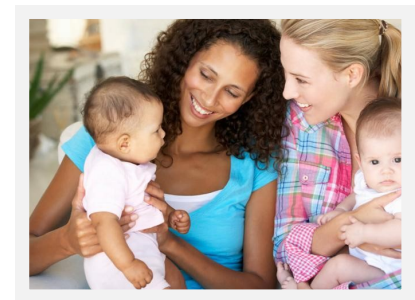
The American Academy of Pediatrics reaffirms its recommendation of exclusive breastfeeding for about 6 months, followed by continued breastfeeding as complementary foods are introduced, with continuation of breastfeeding for 1 year or longer as mutually desired by mother and infant.



Corpus Christi hospitals joining together to promote the best nutrition and outcomes for our infants.

Breastfeeding Your Baby

A guide to local resources in the Coastal Bend



WHY SHOULD I BREASTFEED?

Breastmilk reduces the risk that your baby will have:

- ⇒ Ear infections
- ⇒ Diarrhea
- ⇒ Stomach problems
- ⇒ Breathing problems
- ⇒ Childhood leukemia
- ⇒ Diabetes
- ⇒ Asthma
- ⇒ Obesity
- ⇒ Sudden Infant Death Syndrome (SIDS)

Breastfeeding is Good for Mom:

- ⇒ Burns up to 600 calories per day, to help you get back to pre-pregnancy weight faster
- ⇒ Lowers your risk of arthritis, diabetes, heart disease and some cancers
- ⇒ Releases hormones that help you feel calmer
- ⇒ Makes traveling easier
- ⇒ Saves money
- ⇒ Allows mom to miss fewer work or school days because the baby is sick less often

“Good for Babies, Good for Moms”

- TexasWIC.org

PRENATAL EDUCATION

- ◆ Childbirth
- ◆ Breastfeeding
- ◆ Sibling
- ◆ CPR

CHRISTUS Spohn Hospital Corpus Christi – South
1-855-557-7646; (361) 985-5284
<https://www.christushealth.org/spohn/south/services-treatments/birth-services/great-expectations>

Corpus Christi Medical Center-Bay Area
(361) 761-5000

Online Registration
www.cccmedicalcenter.com

BREAST PUMPS & SUPPLIES

CHRISTUS Spohn Hospital Corpus Christi – South
Gift Shop: (361) 985-5640
(Ameda Elite Pumps)

Corpus Christi Medical Center-Bay Area
Gift Shop: (361) 761-3365
(Medela Symphony Pumps)

CHRISTUS Spohn – Alice, Beeville, and Kleberg
Breast Pump Depot

Personal Breast Pumps *
www.edgepark.com
www.pumpingessentials.com

*Mothers will need a prescription from physician to get a personal double electric breast pump

RESOURCES

Local International Board Certified Lactation Consultants

Mom’s Place of Driscoll Children’s Hospital
(361) 694-5338

CHRISTUS Spohn CC South
(361) 985-5284

CCMC—Bay Area
(361) 761-3438

Texas WIC (Women, Infant and Children) Program
State Office 1-800-942-3678
Statewide Lactation Support Hotline:
1-800-514-6667
<https://texaswic.org>

Breastmilk Counts www.breastmilkcounts.com

The Lactation Foundation —
WIC Breastfeeding Resource Center
www.lactationfoundation.org

La Leche League - Mother to mother breastfeeding support.
(361) 985-0705 | (361) 239-3323
1 (877) 452-5324

Medela Breastfeeding National Hotline —directory of pump rental stations.
1-800-TELL-YOU (1-800-835-5968) www.medela.com

Navy Marine Corps Relief Society Visiting Nurse Program - Lactation support services for all military families.
(361) 961-3483 or (361) 537-8719

United States Lactation Consultant Association —
www.uslca.org

Find an International Board Certified Lactation Consultant in your area.