

Benefits of Breastfeeding

All major health authorities now recommend infants receive only breast milk for the first 6 months of life with continued breastfeeding for at least 1 to 2 years of life, with rare exceptions.

Breastfeeding provides many benefits for both mother and baby.

- ♥ Strengthens the bond between mother and baby
- ♥ Fewer infant illness and infections, especially when in childcare
- ♥ Less expensive than formula
- ♥ More convenient than bottle feeding
- ♥ Helps mother get back into shape
- ♥ Reduced maternal risk of breast and ovarian cancers, osteoporosis and type II diabetes

TCHD's Breastfeeding Support Program

TCHD recognizes the importance of breastfeeding for the health of both mother and baby. TCHD has created a supportive environment for breastfeeding and offers a special Breastfeeding Support Program for employees and family members. The program is designed to provide breastfeeding information and support, as well as an opportunity for employees to express breast milk while at the work place.

Employee Benefits

- ♥ Educational materials
- ♥ Reference Library
 - Contains books, videos, and other educational media available for employees to check out.
- ♥ Breastfeeding Classes
 - Topics covered include initiating breastfeeding after delivery, health benefits, positioning, choosing and maintaining a breast pump, and transitioning back to work.
- ♥ Breastfeeding Counseling
 - Phone or in-person counseling with a lactation expert before and after delivery.
- ♥ Return to Work Consultation
 - Scheduled approximately 2 weeks prior to the mother's return to work to discuss pumping plan and answer questions.
- ♥ Break time, space and milk storage provided in the workplace.
- ♥ Peer Support Program
 - A new breastfeeding mother is paired with a mother who has experience working and breastfeeding who can provide information and support.

Electric Pump Loan Program

TCHD employees or family members have the option of using a TCHD multiple-user, hospital-grade electric breast pump. Employees must provide their own sterile collection kit, available at a reduced price through the WIC program by contacting a WIC registered dietitian. Employees who wish to use an employee pump must meet with a WIC registered dietitian or Heidi Williams in the Belleview office for instruction and to sign a contract prior to using the pump.



How do I utilize these services?

TCHD employees and their families can utilize any of these services or programs by contacting a WIC registered dietitian or Heidi Williams in the Belleview office at 303-846-6289.

Websites

www.4woman.gov/breastfeeding
www.lalecheleague.org
www.ilca.org
www.kellymom.com
www.health1.org/lactation.asp
www.breastfeeding.com
www.breastfeedingpartners.org
<http://toxnet.nlm.nih.gov/cgi-bin/sis/htmlgen?LACT>

Recommended Reading

Breastfeeding: A Parents Guide
Amy Spangler

New Mother's Guide to Breastfeeding
American Academy of Pediatrics

Dr. Mom's Guide to Breastfeeding
Marianne Neifert

Nursing Mothers Companion
Kathleen Huggins, RN MS

Nursing Mother, Working Mother
Gale Pryor

The Womanly Art of Breastfeeding
Gwen Gotsch, Anwar Fazal,
Judy Torgus



Breastfeeding Support Program



Serving Adams, Arapahoe and Douglas Counties
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A benefit for the employees of
Tri-County Health Department