



August 1-7, 2011 was National Breastfeeding Awareness Week. At PNMC, we thought that it would be nice to find out what the women in the Rochester community had to say about breastfeeding. Here are a few quotes from the women that visit our Healthy Start Center:

"I am thankful for breastfeeding because it costs less. Breastfeeding helps babies develop better."

"I enjoy breastfeeding class because it's a great environment to be in. You hear a lot of people's different stories about how they feel about it and learn more information about things in each class."

"Breastfeeding is very healthy to do. It gives your baby everything he or she needs and it is less expensive. I just want to do it because it also keeps me healthy."

"I have learned a lot of new things since I've started breastfeeding class, like your baby's IQ is higher, they have a lesser chance of getting earaches, colds, etc. It can also help prevent breast and ovarian cancer. I also didn't know that a nipple could extend that long when feeding. But most and greatest of all is the bond it makes between me and my baby."

"Taking breastfeeding class has taken away a lot of fears I had about my changing body. I also feel very confident about breastfeeding even though I'm having twins."

"Taking breastfeeding classes at Healthy Start has been very informative to me. We talk about a lot of uncomfortable things but we learn the dos and don'ts of it. The staff also encourage you to do it and the benefits of it."

"Breastfeeding: Quick and easy. Healthy 4 mom and baby. Cheaper."

"Breastfeeding has been helpful. When I was in the hospital and my nipples were bleeding, Dianne came to help me understand why I was bleeding. It also helped me understand what was going on with my breast and with my baby. I breastfed my two other children previously, so having the class has helped me with having a better breastfeeding experience and I would recommend it to other pregnant women."

"Breastfeeding has great benefits- the first stage of milk, colostrum, is very beneficial to the baby and it helps my stomach go back down."

