

How might our world be different?

The environmental impact of breastfeeding every child

the U.S., just imagine how much higher the drain on resources is for developing countries.

The costs of formula are high and going higher. For a non-breast-feeding baby, a family must spend around \$1800 for one year's supply of infant formula. This doesn't include related expenses such as bottles, water, or energy for heating and refrigeration.

Most growing families can think of many other ways to spend that much money—maybe saving for college!

Beyond the purchase price and hidden environmental toll, there are many health-care costs associated with artificial feeding. Lack of breastmilk increases a baby's likelihood of contracting many illnesses, both in the short term of infancy, as well as throughout childhood and far into adulthood. An analysis in 2001 determined that

if every American mother exclusively breastfed for the first three months of her baby's life, up to 2.7 billion dollars in healthcare costs would be saved EVERY YEAR. Some of that saved money could pay for breast-feeding support and education so that every woman who wants to breast-feed will get the help she needs.

There have been some recent studies showing that environment toxins are ending up in breastmilk. This should be a concern for all of us, for it shows how polluted our world is becoming. However, it is not a reason to avoid breastfeeding. In fact, babies are exposed to these toxins in-utero, and studies now show that breastfed babies appear less impacted by chemical exposure than artificially fed babies. Breastmilk strengthens babies' immune systems and limits the damage wrought by exposure to pollutants. This is a reason to

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photo...Tanya Young Photography (310) 939-1155 www.TanyaYoung.com

LA LECHE LEAGUE

www.la lecheleaguescnv.org

La Leche League is a non-profit volunteer organization whose meetings and literature are designed to provide information and support for women who are interested in breastfeeding their babies. Pregnant women, mothers and babies are warmly invited to attend the La Leche League meeting in their area and learn more about the art of breastfeeding. "The Womanly Art of Breastfeeding," the LLL breastfeeding guide, has a wealth of practical information to make breastfeeding a pleasure for both mother and baby. For more information on how to reach a La Leche League Group near you or purchase a copy of "The Womanly Art of Breastfeeding," please contact: www.la lecheleaguescnv.org.

To contact a La Leche League Group Leader near you, call one of these Warm Lines:

Antelope Valley: 661-945-3150.
LA West Side-Santa Monica: 310-285-9393
Long Beach-Lakewood: 562-804-8725
Montebello: 562-947-9757
Orange County: 714-965-1182.
Palos Verdes Peninsula: 310-373-4135.
San Fernando Valley: 818-377-4474.
Santa Clarita: 661-295-1398.
South Bay/Torrance/Greater Long Beach: 310-515-2002.

Virginia Bobro has been an accredited La Leche League Leader for ten years. She also mentors child-birth classes, is an International Board Certified Lactation Consultant (IBCLC), and is a Certified Birth Doula. More importantly, she is the mother of three amazing school-age children, including twin boys. They were all breastfed, of course! She leads the Santa Barbara La Leche League Group, and can be reached at: LLLofSB@yahoo.com.

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www.dy-dee.com (800) 80-dyde

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Doulas and Birth Assistants

Groups & Services

PEPT Doula Service 877-4-DOLLA-1 www.birthdoulas.com

PEPT Doula Service (Pregnant, Educated, Professional, Trustworthy) Doula Service has a group of experienced, certified doulas with a wide variety of credentials, including Registered, Mid, Certified, Post-Natal, Doula, and more. We are here to support you and your baby.

Chapman Family Center 310-453-5144

Chapman Doula Center (Chapman Doula Center) is a birth doula service. We provide doula services to women who are looking for a doula to support them during labor and delivery. We also provide doula services to women who are looking for a doula to support them during labor and delivery.

Dianna Carr 760-229-7612

Dianna Carr Doula Service (Dianna Carr Doula Service) is a doula service. We provide doula services to women who are looking for a doula to support them during labor and delivery. We also provide doula services to women who are looking for a doula to support them during labor and delivery.

Great Choice Birth Of Parenthood Support 447-300-4292 www.birthdoulas.com

Great Choice Birth Of Parenthood Support (Great Choice Birth Of Parenthood Support) is a doula service. We provide doula services to women who are looking for a doula to support them during labor and delivery. We also provide doula services to women who are looking for a doula to support them during labor and delivery.

Midwest Doula Service 312-249-6622 www.midwestdoula.com

Midwest Doula Service (Midwest Doula Service) is a doula service. We provide doula services to women who are looking for a doula to support them during labor and delivery. We also provide doula services to women who are looking for a doula to support them during labor and delivery.

My Birth 310-415-6014 www.mybirth.com

My Birth (My Birth) is a doula service. We provide doula services to women who are looking for a doula to support them during labor and delivery. We also provide doula services to women who are looking for a doula to support them during labor and delivery.

Supportive Doula Services 818-214-4100 www.supportivedoulas.com

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Breastfeeding

advocate for environmental protection and clean-up, rather than for a reduction in breastfeeding. Even in our less-than-perfect world, breastmilk is by far still the best food for babies!

Breastfeeding is the first step in preventable healthcare and in protecting our environment, and its positive effects last a lifetime, both for individual mothers and babies, as well as for their community and our shared world.

For more information go to: www.la lecheleague.org/Release/contaminants.html

Sources:
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Breastfeeding at a Glance: Facts, Figures and Insights about Lactation, by Dia Michels, Cynthia Good Majors, and Naomi Bramberg Bar-Yon, 2002
The Politics of Breastfeeding, Gabriela Palmer, 1988