

Why Breastfeed?

Research continues to support breastfeeding as the best method of providing nutrition to infants.

Breastfed infants have fewer colds and ear infections. They are also less likely to develop diarrhea or constipation.

Breastmilk may prevent juvenile onset diabetes, Crohn's disease, colitis and childhood cancers such as lymphoma.

Children that were breastfed statistically have higher IQ's.

Breastfeeding has distinct advantages for women as well. Many breastfeeding mothers return to their pre-pregnancy weight sooner than mothers bottlefeeding.

Women who have breastfed have lower incidences of fractures associated with osteoporosis later in life.

Breastfeeding may reduce the risk of breast and ovarian cancers.

Breastfeeding is much less expensive than bottlefeeding.

Please call
845-368-8270 to reach
a Good Samaritan Hospital
Board Certified
Lactation Consultant
or call
1-888-332-MOMS
to speak to our
Maternity Consultant.

Lactation Support Program



GOOD SAMARITAN HOSPITAL
Bon Secours Charity Health System
255 Lafayette Avenue, Suffern, NY
www.GoodSamHosp.org
Good Help to Those in Need



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Good Samaritan Hospital's Lactation Services

Breastfeeding Education

Numerous studies show that prenatal breastfeeding classes increase breastfeeding success.

Inpatient Consultation

Our staff of professional, experienced nurses can help you get started with breastfeeding after childbirth. A Board Certified Lactation Consultant/Registered Nurse is also available to help you work through any difficulties you may experience.

Outpatient Consultations

You may schedule a session with a Good Samaritan Hospital Lactation Consultant if you have questions or difficulties continuing breastfeeding after you get home with your new baby.

Telephone Consultation

Follow-up and on-going support is essential for breastfeeding mothers, particularly first time mothers. Parents are welcome to call the Good Samaritan Hospital Birthing Unit to ask any questions regarding breastfeeding.



Medela Pump In Style Breast Pump

Breast Pumping

Good Samaritan Hospital is a certified Medela® Breast Pump rental and sales station. A Lactation Consultant will help you decide which breast pump is right for your situation.

Nursing Bras

Your breasts change throughout your pregnancy and afterwards as well. Proper support and fit of your bra can help you feel more comfortable. A Good Samaritan Lactation Consultant can help you find the appropriate style and size you need from our assortment of Medela Nursing Bras.

Breastfeeding Support

Talking with other breastfeeding mothers can be reassuring and offer opportunities for learning and friendships. The Lactation Consultants at Good Samaritan Hospital facilitate monthly **Nursing Mom's Support Group** meetings for mothers and their babies. Topics usually include returning to work, sleeping through the night, illness, and ongoing support for breastfeeding.

For information, please call the Lactation Consultant at Good Samaritan Hospital, 845-368-8270.