

WHY IS BREAST MILK BEST FOR MOM & BABY?

Colostrum (aka First Milk or Liquid Gold)

Thick and yellowish, this breastmilk is high in protein, low in sugar, and helps develop your newborn's digestive tract.

Other Benefits for Baby

Breastmilk is high in nutrients, antibodies, and has all that your baby needs for the first 6 months of life.

Breastmilk may also help improve your baby's brain development and reduce risk of behavioral and learning problems.

Breastfed babies also have reduced risk of:

Asthma	Diarrhea & Vomiting
Celiac Disease	Ear Infections
Childhood Leukemia	Eczema
Childhood Obesity	Gut Infections
Cold and Infections	Type 2 Diabetes
Sudden Infant Death Syndrome (SIDS)	

Benefits for Mom

Moms who breastfeed also reduce their risk of getting type 2 diabetes, breast cancer, and ovarian cancer. Breastfeeding also gives you and baby an opportunity to bond.

WE KNOW our patients want to receive quality services. Please visit us at:

JTCHS OB/GYN LOCATIONS

JTCHS Hialeah Women's Health
777 E 25th Street, Ste 316 | Hialeah, FL 33013

JTCHS Main Women's Obstetrics & Gynecology
5361 NW 22nd Avenue | Miami, FL: 33142

JTCHS Miami Gardens Women's Wellness
4692 NW 183rd Street | Miami Gardens, FL 33055

JTCHS PEDIATRICS LOCATIONS

JTCHS Flamingo Pediatrics
901 E 10th Avenue | Miami, FL 33010

JTCHS Main Pediatrics
5361 NW 22nd Avenue | Miami, FL: 33142

JTCHS North Children's Wellness
1190 NW 9th Street, Ste 304 | Miami, FL 33150

JTCHS Opa-locka Children's Wellness
490 Opa-locka Boulevard | Opa-locka, FL 33054

KETIA S. HARRIS, BA, CBS, CCHW
Community Health Data Specialist
786-322-6442 | KSHarris@jtchs.org

RICCI HOLLOWAY, BA, BSW
OB Social Worker
786-487-9560 | RNHolloway@jtchs.org

24/7 ACCESS @ 305-637-6400

JTCHS Corporate Office
305-805-1700
5607 NW 27th Avenue, Suite 1
Miami, FL 33142

At Jessie Trice

Community Health System

We Know...

Breast Milk is
the Best Milk!



Breastfeeding Touchpoint Program

Breastfeeding and human milk have shown to be the best forms of infant nutrition. Other forms of feeding, such as baby formula carry major health, social, and economic risks to both mother and baby.

BREASTFEEDING EDUCATION & SUPPORT RESOURCES

WIC Miami-Dade County

- Breastfeeding Help Line and Breast Pump Program @ 786-336-1336

La Leche League USA Breastfeeding Helpline

- Breastfeeding Helpline @ 1-877-4-LALECHE

The Jasmine Project

- FREE Virtual Breastfeeding Classes and Support Groups @ 305-243-4078

Metro Mommy Agency, Inc.

- Doula Services, Lactation Consultation, and Virtual Breastfeeding Support @ 786-553-3122

Fatherhood Task Force of South Florida

- Virtual Daddy & Me Network @ 305-812-4000

Hialeah Hospital Obstetrics Classes & Events

- FREE Expectant Mom's Event @ 877-346-0711

Jackson Health System Maternity Classes & Events

- Jackson Memorial Hospital @ 305-585-4744
- Jackson North Medical Center @ 305-654-5604
- Jackson South Medical Center @ 305-256-5282

Memorial Healthcare System Classes & Events > Breastfeeding Support

- Memorial Hospital Miramar @ 954-538-5180
- Memorial Hospital West @ 954-844-7110
- Memorial Regional Hospital @ 954-265-4484
Lactation Consultant @ 954-265-4078

North Shore Medical Center Maternity Classes

- FREE Breastfeeding Classes @ 305-694-3683

First Things First...

DURING PREGNANCY

Breast Exam & Breastfeeding Assessment

Feel free to share with our Obstetrical (OB) Team your breastfeeding interests and concerns. Our team will also assess you throughout your care to identify and address your breastfeeding needs.

Care Coordination & Referral

Our OB Team will then connect you with essential breastfeeding support programs from your prenatal care to your child's pediatric care.

- **Breastfeeding Education & Support:** Ensuring the most comfortable, positive breastfeeding experience for you and baby. Check out Office on Women's Health and Healthy Baby Taskforce.
- **JTCHS Dental:** Promoting oral health and reducing risk of gum disease due to hormone level changes during pregnancy.
- **JTCHS Nutrition:** Encouraging nutritious, practical eating habits that promote healthy fetal brain development, birth weight, and healthy mom and baby overall.
- **Other Referrals:** Medicaid, Emergency Medicaid, WIC Program, Nurse-Family Partnership @ JTCHS, Healthy Start, etc. based on need, interest, and eligibility.

AFTER BABY ARRIVES

Hospital Visit & Infant Feeding Assessment

Within 48 hours of discharge and during postpartum visits, our OB Team will connect with you to tend to your and baby's breastfeeding needs; our Pediatrics Team will do the same during your child's pediatric visits, up to 3 years of age and as desired.

Upcoming Appointments

- **JTCHS Pediatrics:** Securing your baby's first visit with our Pediatrician 3-5 days after delivery. Check the back of this brochure for our locations!
- **JTCHS OB/GYN:** Following-up with your postpartum checkup 4-6 weeks after delivery.

Your Right to Breastfeed

- Florida Statutes protects your right to breastfeed in public or, if you prefer a private area, in a designated room (e.g. exam room).
- Federal Law requires a) your health insurance to cover costs of breastfeeding support services and in-network breast pump as preventive health service and essential health benefit, and b) your employer to give reasonable break time so that you may express milk in a private area.
- JTCHS has policies in place to encourage the initiation, duration, and exclusivity of breastfeeding, while also ensuring a positive breastfeeding experience for you and baby!