



FEEDING YOUR BABY:

Choosing how to feed your baby is an important personal decision best made with your doctor. While most healthcare associations recommend breast feeding is best. Some mothers are unable to breast feed or make the decision to choose formula. Using infant formula is a great alternative to giving the baby the nutrition they need to grow.

Breastfeeding

Breast milk provides your baby with the best possible infant food. Human milk contains all the nutrients your newborn needs and is more easily digested than any other infant food. A diet of mother's milk exclusively for the first six months of life readies your baby's body for other foods.

Advantages

- The hormone oxytocin, released during breast feeding, assists the uterus in returning to its regular size more quickly and can reduce postpartum bleeding.
- Breastfeeding may reduce the risk of developing type 2 diabetes, rheumatoid arthritis and cardiovascular disease including high blood pressure and high cholesterol.
- Many women report benefits such as increased confidence and a stronger sense of connection with their babies.
- Offering breast milk is much cheaper than purchasing infant formula
- Human milk benefits your baby's immune system, protecting him/her from a wide variety of infections.
- Breast fed babies have a lower risk of developing chronic conditions.

Breastfeeding Support

Prenatal Breastfeeding Classes: Are offered at TMH monthly by a Registered Nurse who is a Lactation Consultant. For more information click [here](#).

Both of the primary hospitals in Capital Health Plan's service areas provide in-patient lactation services that are covered with the mother's stay. The mother, nurse or physician must request a lactation consultant visit to the mother's hospital room. The lactation consultants will visit anyone who requests assistance or education during the inpatient stay.

A ***Postpartum Breastfeeding Support Group*** is free to anyone in the community, offering a casual, safe environment for new mothers and their babies to be with other new mothers. Additional information can be found at the following link below:

- [Tallahassee Memorial Hospital](#)

If additional assistance is needed outside of what is provided in the support group meetings, mothers may contact:

- [A Woman's Place](#): (850) 431-4915 (*prenatal classes*)
- TMH Lactation Office: (850) 431-0468

There may be fees associated with these outpatient services.

Breast Pumps

Capital Health Plan covers a personal, dual, electric breast pump with no cost share to the member for every birth through A Woman's Place at Tallahassee Memorial Health Care. Capital Health Plan covers one pump per pregnancy.

To obtain a breast pump contact A Woman's Place at Tallahassee Memorial Hospital at (850) 431-4915 a week before your delivery. Training on the use of the pump is provided at the time the pump is picked up. Regardless of the location of your delivery you may obtain your pump from Tallahassee Memorial Hospital.

For additional information on breastfeeding:

- Capital Health Plan: [Healthwise Knowledgebase](#)