



BREASTFEEDING
RESOURCES

Our Holzer Family Supports Breastfeeding

The **American Academy of Pediatrics** recommends exclusive breastfeeding for the first six months, and continued breastfeeding for at least the first year of the baby's life. The **World Health Organization (WHO)** recommends exclusive breastfeeding for the first six months, and continued breastfeeding for up to two years and beyond.

Our Holzer family supports your family in breastfeeding by offering prenatal education in your office visits, free childbirth and breastfeeding classes, inpatient and outpatient lactation consulting, and a monthly support group.

Whether you are a Holzer patient or not, we offer our education and support group to all families!

Why is breastfeeding important?

Breastfeeding is an important first food for newborns, infants, and toddlers. It provides all of the nutrients and energy a baby needs to grow. In addition to meeting adequate needs, babies that are breastfeeding receive antibodies in breast milk that cannot be duplicated in artificial baby milk, protecting many babies from infection and disease.

Exclusive breastfeeding reduces infant mortality rates due to common childhood illnesses and SIDS.

Holzer Health System collaborates with area resources, such as the WIC program, to continue to offer our patients a seamless transition of services. New resources developed within Holzer Health System include information approved and recommended by an International Board Certified Lactation Consultant (IBCLC). Training and education is continuous with all breastfeeding staff to stay up to date on recommendations and policies.

Holzer Resources

Lactation Consultants

Jeanna Spears, CLS
Holzer Gallipolis
100 Jackson Pike • Gallipolis, OH 45631
Office: 740-446-5647; Cell: 740-245-4255
Email: jspears@holzer.org

Krista Shorey, NP
Holzer Meigs
88 East Memorial Drive • Pomeroy, OH 45769
Phone: 1.855.4HOLZER (1.855.446.5937)

Mentoring Mommy Support Group

Holzer Gallipolis
100 Jackson Pike • Gallipolis, OH 45631
Check holzer.org/babies for dates & time

FREE Childbirth and Breastfeeding Classes

Holzer Gallipolis
100 Jackson Pike • Gallipolis, OH 45631
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