**Breastfeeding** **Reduces** **Stress in Mother and Baby**

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<th>It's ok to take time to RELAX</th>
<th>It's also great to go OUTSIDE!</th>
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- Breathing and cuddling reduces stress in both mother and baby.
- Oxytocin, a hormone released each time a mother breastfeeds, decreases blood pressure, decreases stress hormone level and calms the mother. (Acheston, L "Family violence and breast-feeding" Arch Fam Med 1995; 4:650-652)
- Prolactin relaxes mom and brings out the best in her, helping her cope with the stresses of parenthood. It is associated with caretaking behavior in both females and males. (http://www.people.virginia.edu/~rjh9u/oxytocin.html)
- Suckling reduces stress in infants: "Parents should recognize that having their babies cry unnecessarily harms the baby permanently," Commons said. "It changes the nervous system so they're overly sensitive to future trauma." Michael L. Commons and Patrice M. Miller, researchers at the Medical School's Department of Psychiatry. The Harvard University Gazette, April 9, 1998

**For breastfeeding help, call:**
- ABC Program 646-4166
- Dixon Family Practice 635-1600
- La Clinica Great Beginnings 556-8100
- Kaiser Permanente 651-5270
- NorthBay Warm Line 646-5024
- Vacaville CMC 359-1822
- For local WIC office 784-2200
- For Public Health Nurse 784-8070

**Roses are Red, Violets are Blue,**

Breastfeeding helps reduce stress in BOTH of you!

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**The Breastfeeding Coalition of Solano County**
www.solanocounty.com/Breastfeeding