1. Lèt manman se manje ki pi bon epi ki natirèl pou tibebe. Se sèlman manje ki nesesè pou sis premye mwa yo.



DIS PI GRAN REZON POU BAY TIBEBE OU AN TETE

1. Lèt manman gen avantaj sante ke lèt endistriyèl la pa genyen. Tibebe ki tete malad mwens souvan. Epitou yo pi byen pwoteje kont dyabèt, obezite,

alèji, astm, ak menm sendwom lanmò sibit bebe yo (Infant Death Syndrome, SIDS).

1. Bay tete ap fè w fè ekonimi $1,200 pa ane, paske ou p ap bezwen achte lèt endistriyèl.
2. Bay tete san danje pou manman tou. Li ede geri ak pèdi pwa aprè ou fin fè yon tibebe. Epitou li pwoteje kont dyabèt ak kèk tip kansè.
3. Ou ka kontinye bay tete aprè ou retounen nan travay. Se dwa legal ou pou ponpe lèt lè ou pa bò kote tibebe ou an.
4. Lèt manman se pi bon manje pou tibebe ou an epi li chanje pou reponn ak bezwen tibebe ou an pandan l ap grandi.
5. Bay tete ede manman ak tibebe a pataje yon lyen espesyal epi ki rapwoche.
6. Bay tete espesyalman enpòtan pou tibebe ki fèt anvan dat akouchman nòmal yo.
7. Premye semèn pou bay tete a ka difisil. Ak pratik ak sipò, l ap vin pi fasil.
8. Chak ons lèt manman enpòtan pou sante tibebe ou an.

Nou ka ede w bay tete oswa ponpe lèt pou tibebe ou an.

Si ou gen kesyon oswa ou bezwen èd, kontakte:

Bayhealth Hospital, Kent Campus

(302) 744-7233

[www.bayhealth.org](http://www.bayhealth.org/)

Bayhealth Hospital, Sussex Campus

(302) 744-7233

[www.bayhealth.org](http://www.bayhealth.org/)

Beebe Healthcare

(302) 645-3577

[www.beebehealthcare.org](http://www.beebehealthcare.org/)

The Birth Center

(302) 658-8321

[www.thebirthcenter.com](http://www.thebirthcenter.com/)

Christiana Care Health System

(302) 733-3360

[www.christianacare.org](http://www.christianacare.org/)



Delaware WIC Program

1 (800) 222-2189

dhss.delaware.gov

La Leche League

[www.lllofmd-de-dc.org](http://www.lllofmd-de-dc.org/)

Nanticoke Memorial Hospital

(302) 629-6611

[www.nanticoke.org](http://www.nanticoke.org/)

Nemours/Alfred I. duPont Hospital for Children

(302) 685-9119

[www.nemours.org](http://www.nemours.org/)

Saint Francis Hospital

(302) 421-4478

[www.stfrancishealthcare.org](http://www.stfrancishealthcare.org/)



Breastfeeding Coalition of Delaware [info@delawarebreastfeeding.org](mailto:info@delawarebreastfeeding.org) [www.delawarebreastfeeding.org](http://www.delawarebreastfeeding.org/)