

Congratulations for Choosing to Breastfeed!

You are not alone: there is a great support system here in Sarasota County for breastfeeding mothers. Whether you need individual help, classes, or a friendly support system consisting of other mothers, there is something for everyone.

Deciding to breastfeed your baby does not necessitate secluding yourself at home. In fact, Florida has special laws protecting nursing mothers. Nursing is so valued in our country that a federal law protects a breastfeeding mother's right to pump or nurse at work!



Breastfeeding is Protected by Law

Florida Law:

License to Breastfeed in Public §383.015

The breastfeeding of a baby is an important and basic act of nurturing which must be encouraged in the interests of maternal and child health and family values. A mother may breastfeed her baby in any location, public or private, where the mother is otherwise authorized to be, irrespective of whether or not the nipple of the

mother's breast is covered during or incidental to the breastfeeding.

Call us to get a copy for your wallet!



Stores with Nursing Rooms:

Babies R' Us

3860 Central Sarasota Parkway, Sarasota
941-525-1030

Westfield Mall (Sarasota Square location only)

8201 S. Tamiami Trail, Sarasota
941-922-9609



Helpful Websites:

Kelly Mom www.kellymom.com

La Leche League www.llli.org

Best for Babes www.bestforbabes.org

Dr. Jack Newman www.drjacknewman.com

Dr. Sears www.askdrsears.com

Help finding a lactation consultant:

www.ilca.org

(click on find a lactation consultant on the right)

Healthy Start Coalition of Sarasota County, Inc.

1750 17th Street, Building A

Sarasota, FL 34234

E-mail: info@HealthyStartSarasota.org

Tel: (941) 373-7070 Fax: (941) 373-7073

www.HealhyStartSarasota.org



Breastfeeding in Sarasota County



Resources and tips for nursing mothers in Sarasota County.

Tips for Nursing Outside the Home

- Practice in front of a mirror or loved one in order to feel comfortable with how much you are exposing.
- Practice, practice, practice!
- Bring a supportive friend.
- Try breastfeeding in a quiet park.
- Join a breastfeeding support group! This is a great way to meet other mothers and a way to ease into breastfeeding in public.
- If you are uncomfortable with the possibility of others seeing your breast try using a light blanket or cover (some are especially made for breastfeeding.)
- If you are worried about embarrassment know that most people won't even notice you are breastfeeding, and most will probably think you are holding a sleeping child.
- At a restaurant you may be more comfortable nursing in a booth rather than a chair.
- When traveling it may be more private and comfortable to breastfeed in a window seat.
- If you wish for more privacy some businesses that cater to families may have nursing rooms. You can also use a dressing room or lounge.
- While nursing tops are helpful, they are not necessary for discrete nursing. Try layering with loose clothing for easy quick access.
- A great option is nursing in a sling - this allows you to discretely breastfeed and continue shopping, walking, etc. It is a good idea to practice at home first for ease and comfort!



Meetings and Support Groups

Suncoast La Leche League (monthly)
Meetings in Sarasota, North Port, and Bradenton.

<http://suncoastlll.wordpress.com>

Sarasota
Debbie 941-922-2449, Christine 941-374-3870
North Port
Tiffany 941-626-0653, Sarah 941-587-9402
Bradenton
Tanya 941-234-9050, Jessica 941-866-0295

BrEaST Beginnings

Fridays 11:15 am to 12:15 pm
Temple Sinai 4631 S Lockwood Ridge, Sarasota
Jeanie DeLa, CLC, 941-266-4156

Mommy Happy Hour

Sarasota: 1st and 3rd Tuesdays at 1:00 pm and
3rd Thursdays at 6:00 pm, Room 201, Health
Dept, 2200 Ringling Blvd.
Jessica 941-806-7505
Decyre 941-408-6102
Venice: 2nd and 4th Tuesdays 12:30-4:00 pm,
Selby Room, WIC Office, 7810 S. Tamiami Trail
Susanne 941-685-3324

SMH's Mommies & Babies Get Together

Meets weekly on Wednesdays
11-12pm birth -6 months
12:30-1:30pm 6 months - 1 year
Call 941-917-1700 for more information



Classes and Services

Sarasota Memorial Hospital

Breastfeeding Warm Line: 941-917-7413
Breastfeeding Classes: 941-917-1700
Nurses for New Moms: one free home visit for all mothers who deliver at SMH. Additional assistance available: 941-917-7730

Healthy Start Program

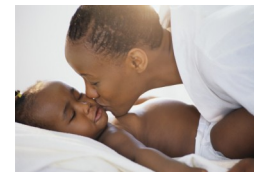
Free services for breastfeeding problems:
941-861-2905 (Spanish/English)



Sarasota County Health Department

WIC and Nutrition Breastfeeding Coordinators:
Aubrey Will (Sarasota): 861-2960
Susan Kling & June Vargas (Venice) 861-3336
Peer Counselors:
Susanne (S. Sarasota) 941-685-3324
Jessica (N. Sarasota) 941-806-7505
Lakicia (N. county) 941-961-8576
Decyre (Spanish speaking) 941-408-6102
WIC also offers education, assistance receiving pumps & food vouchers (for those who qualify), & they have a DVD library available.

941-861-2929 for more information.



Save My Life

Free Breastfeeding Classes for African-American Women, Healthy Start Coalition Office, 1750 17th St, Building A, Sarasota. Call for next start date or to schedule one-on-one session: Beverly 941-373-7070 x306.

Rosemary Birthing Home

Breastfeeding counseling & support:
941-330-9966