



Why Breastfeed?

As one of the largest birthing centers in California, Pomona Valley Hospital Medical Center (PVHMC) recognizes the importance of breastfeeding. The American Academy of Pediatrics recommends that babies be exclusively fed breastmilk until they are at least six months old. This national standard is recommended because of all the wonderful benefits that breastmilk provides to the baby, mother, the family unit and society.

Are you breastfeeding or considering breastfeeding? We're here to help!

Our Lactation Center provides the support and tools moms need to be successful. Mothers can bring in their infants and have questions answered, concerns relieved and problems solved, regardless of where they gave birth. The Lactation Center is open Monday - Friday, by appointment only. For appointments or any other breastfeeding questions or concerns, call our Breastfeeding Information Line, available 24/7, at [909.623.6455](tel:909.623.6455).

The Benefits of Breastfeeding

Nutrition

Breastmilk is one of the best sources of nutrition for babies. As baby grows, breastmilk evolves to suit their needs. It is easy to digest and has natural sugars.

Antibodies

When you breastfeed, your antibodies are shared with your baby, giving them a stronger immune system to help protect them from illness and infection.

Protection

Breastfeeding helps protect babies from short- and long-term illnesses:

- Lower risk of SIDS (sudden infant death syndrome)
- Lower risk of asthma and gastrointestinal infection
- Lower risk of chronic diseases, such as obesity and diabetes
- Lower risk of ear infections

Mother's Health

Benefits for mothers who breastfeed:

- Lower risk of postpartum depression
- Lower risk of ovarian and breast cancer
- Lower risk of Type 2 diabetes and high blood pressure
- Weight loss as the uterus returns to a pre-pregnant state, faster

Convenience & Bonding

- Breastfeeding offers convenience, allowing mothers to feed their babies anytime and anywhere.
- The familiar act of breastfeeding can help soothe a baby, providing a sense of security and emotional connection.



Pomona Valley Hospital Medical Center is proudly designated as a Baby-Friendly USA hospital, signifying our high standard of care and dedication to breastfeeding and mother-baby bonding.

*Sources: Centers for Disease Control and Prevention