

babycafe@rowan.edu

FREE BREASTFEEDING AND PUMPING SUPPORT



Cooper Camden *babycafé*

DROP-IN EVERY THURSDAY

12-2PM

FERRY AVE. LIBRARY

852 Ferry Ave, Camden, NJ 08104



INFANT FEEDING FACTS

Each of us has unique opinions on infant feeding formed from our own experiences and those of others we know. Knowing the facts will help you make informed choices that are best for your family.

Exclusive breastfeeding is recommended for at least 6 months. After that, babies should continue to receive human milk along with complementary foods for 2 years or more.

Most babies receive human milk. At least 83% of newborns start out receiving human milk. Human milk feeding is the norm in the United States.



babycafé

THE 6 MOST COMMON REASONS MOTHERS STOP BREASTFEEDING TOO SOON

1. Problems with lactation and latching
2. Worries about nutrition and weight
3. Concerns about taking medication
4. Workplace policies that don't support lactation
5. Cultural pressures or a lack of family support
6. Unsupportive hospital practices

WE ARE HERE TO

HELP

SIBLINGS ARE WELCOMED FOR STORY-TIME/CRAFTS

IBCLC ON-SITE

BABY SCALE

COFFEE AND SNACKS



CONTACT US

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