

## ACTIVITIES OF OUR COALITION:

### Supporting Moms in the Community:

- ♥ Resources for returning to work and how to talk to an employer.
- ♥ Support at local events: festivals, fairs, etc.
- ♥ Information booths at health fairs
- ♥ Information handouts about mom support groups in the area.
- ♥ Information about breastfeeding-friendly businesses.

### Educating the Community:

- ♥ Speakers for community groups about the benefits of supporting breastfeeding in business and the community
- ♥ Resource for businesses to support breastfeeding as a cost-effective healthcare measure for employees and customers.

### Educating Health Professionals about how to support breastfeeding in their practices:

- ♥ Continuing education
- ♥ Pamphlets and resources list for providers to give to moms, instead of those provided by artificial milk suppliers.
- ♥ Information on new research findings

### Advocacy to local, state and federal government:

- ♥ Encourage breastfeeding support and promote legislation to support moms and family-friendly initiatives.

## REASONS TO BREASTFEED:

- ♥ Breastmilk is FREE, and READY when baby is hungry, no preparation needed - save over \$1400/yr. without formula.
- ♥ Breastfeeding is green & environmentally-friendly.
- ♥ Breastmilk is nutritionally balanced and is the perfect food!
- ♥ Breastfed babies are less likely to get sick with acute infections and chronic illness: asthma, diabetes, cancer later on in life.
- ♥ Breastfeeding protects infants against food allergies.
- ♥ Breastfeeding decreases the risk of SIDS death.
- ♥ Breastfed children have higher IQ's
- ♥ Antibodies in breastmilk change to meet babies' needs as they grow.
- ♥ Breastfeeding strengthens tooth and mouth development.
- ♥ Breastfeeding does not cause sagging breasts.
- ♥ Breastfeeding helps mom get back to pre-pregnant weight.
- ♥ Women who breastfeed for longer than six months have less breast cancer, stroke and heart disease.
- ♥ Breastfeeding decreases the risk of osteoporosis

## MEMBERSHIP APPLICATION

The Emerald Coast Alliance for Breastfeeding Support welcomes all individuals with an interest in promoting breastfeeding to be part of our organization.

We want everyone to participate in the alliance, so we offer two levels of individual membership:

**Alliance members** make a monetary commitment and have voting privileges;

**Associate members** do not pay dues and do not have a voting voice in the alliance.

Name \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Work phone \_\_\_\_\_

Home phone \_\_\_\_\_

Cell \_\_\_\_\_

Facility/ Position \_\_\_\_\_

Preferred Email \_\_\_\_\_

Membership:

Alliance member - \$25, voting

Associate member - no dues or voting

Donation: \_\_\_\_\_. Any size donation along with or instead of membership is welcome.

Choose at least one Pillar/committee in which to serve:

Pillar 1: Finances/Fundraising

Pillar 2: Health Care Providers

Pillar 3: Community/Outreach

Pillar 4: Advocacy

Pillar 5: Management

See website for Pillar information:

[www.emeraldcoastbreastfeeding.com/committees.html](http://www.emeraldcoastbreastfeeding.com/committees.html)

We believe your most important contribution will be time and commitment to the stated goals of the organization. **To join this group, please complete this form and mail, along with your dues, to:**

**ECABS**

**P.O. Box 11642**

**Pensacola, FL 32524**



# Breastfeeding

Love to Grow On

## **Emerald Coast Alliance for Breastfeeding Support Membership Pledge**

By signing this pledge, I affirm that I wish to have membership in the Emerald Coast Alliance for Breastfeeding Support. I agree to support the Mission of ECABS to improve community health, by providing collaboration, education, and resources for the support, protection, and promotion of breastfeeding on the Emerald Coast. I recognize that I will have a responsibility to assist other members of the coalition in achieving the stated goals. I will work to promote the collaborative activities of the Alliance. If I have chosen an Alliance membership, I recognize that I will have voting privileges as long as I am a member in good standing.

Signature \_\_\_\_\_  
Date \_\_\_\_\_

## **SUPPORT BREASTFEEDING IN YOUR COMMUNITY:**

- ♥ Join us as we strive to make breastfeeding more accepted and supported in our area, among our friends, and in businesses we support
- ♥ Invite your friends to get involved. Anyone interested in promoting breastfeeding can be a member.
- ♥ Get informed about the benefits of breastfeeding and the risks of formula... talk about it. Educate those you know.
- ♥ Volunteer to help us in local activities to promote breastfeeding: mother support at local events, festivals, and fairs.
- ♥ Attend our Business Case for Breastfeeding Training sessions to be prepared and have the resources to contact local businesses to encourage breastfeeding support of their employees and improve their own Return on Investment.

**Emerald Coast Alliance for Breastfeeding Support** is affiliated with the Florida Breastfeeding Coalition for the purpose of supporting families in Florida.



## **Our Mission**

**To improve community health, by providing collaboration, education and resources for the support, protection and promotion of breastfeeding on the Emerald Coast**

**Emerald Coast Alliance for Breastfeeding Support**

[www.emeraldcoastbreastfeeding.com](http://www.emeraldcoastbreastfeeding.com)  
[ecabs@emeraldcoastbreastfeeding.com](mailto:ecabs@emeraldcoastbreastfeeding.com)