



THE UNIVERSITY OF ARIZONA  
COLLEGE OF MEDICINE TUCSON

Sonoran Center for  
Excellence in Disabilities

# Breastfeeding Benefits

*According to the CDC, breastfeeding is beneficial to both mothers and babies.*

Breastfeeding can reduce a baby's risk for chronic health conditions such as:

- Asthma
- Sudden Infant Death Syndrome (SIDS)
- Obesity
- Type 1 Diabetes

Breastfeeding can also reduce a mother's risk for:

- Breast cancer
- Ovarian cancer
- Type 2 Diabetes
- High Blood Pressure

Women with disabilities often struggle to breastfeed due to physical limitations or lack of support and education. Some solutions include, but are not limited to:

- Breast pumps
- Peer support
- Adaptive tools (i.e. breastfeeding pillow, alternate positions)
- More healthcare provider training on disability



For additional resources on pregnancy and parenting with disabilities, visit:

[bit.ly/ppdisability](https://bit.ly/ppdisability)



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# Breastfeeding Support\*

## Statewide



**WOMEN, INFANTS,  
& CHILDREN**

24-Hour Breastfeeding Hotline  
1-800-833-4642  
azwic.gov



**Birth to Five  
HELPLINE**  
"Nothing Out of the Question"  
**1-877-705-KIDS (5437)**

*La Leche League of Arizona*

Phoenix Area Help Line:  
602-234-1956  
Tucson Area Helpline:  
520-477-7990

## Tucson/Southern AZ



**EL RIO  
HEALTH**

FREE Virtual  
Breastfeeding Classes  
520-286-0244



**MILK &  
HONEY**

FREE Breastfeeding  
Clinic/Support Group  
520-477-7752



**NORTHWEST  
HEALTHCARE**

NORTHWEST | ORO VALLEY | SAHUARITA | HOUGHTON

FREE Breastfeeding  
Support Group  
520-742-9000

## Phoenix/Central AZ



**MARICOPA  
COUNTY**

Women Infants &  
Children (WIC)  
602-506-9333



**Dignity Health.**

FREE Lactation  
Consultations  
520-742-9000



**Banner Health.**

FREE Breastfeeding  
Support Group  
602-865-5908

For more information on adaptive  
breastfeeding solutions:



**Adaptive Parenting Project**  
[www.adaptiveparentproject.org](http://www.adaptiveparentproject.org)



**Breastfeeding Network (BfN)**  
[www.breastfeedingnetwork.org.uk](http://www.breastfeedingnetwork.org.uk)

\*The Sonoran Center for Excellence in Disabilities provides the following information as a resource to the community and does not endorse or guarantee any services.