Overcoming Breastfeeding Challenges

9 out of 10 of new mothers begin breastfeeding

But!

6 out of 10 moms stop earlier than intended

Why Breastfeeding Matters

- Healthier babies
- Healthier moms
- Stronger parent-child bond
- Health care cost savings

Breastfeeding Challenges

- Unsupportive work policies
- Lack of family support
- Cultural norms
- Unsupportive hospital practices & policies
- Issues with lactation and latching
- Concerns about baby nutrition & weight
- Mother’s concerns about medication while breastfeeding

Get the Breastfeeding Support You Need

- Consider breastfeeding support services when choosing a maternity hospital
- Ask your healthcare provider whether your medications are safe to continue using while breastfeeding
- Check what types of lactation support are covered by your health insurance
- Connect with peer breastfeeding support groups in your community
- Consult a lactation consultant as soon as possible if you experience problems breastfeeding
- Talk to your employer about how they will comply with state requirements to offer you time and space to pump once you return to work

For more information visit: www.cdc.gov/breastfeeding