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

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