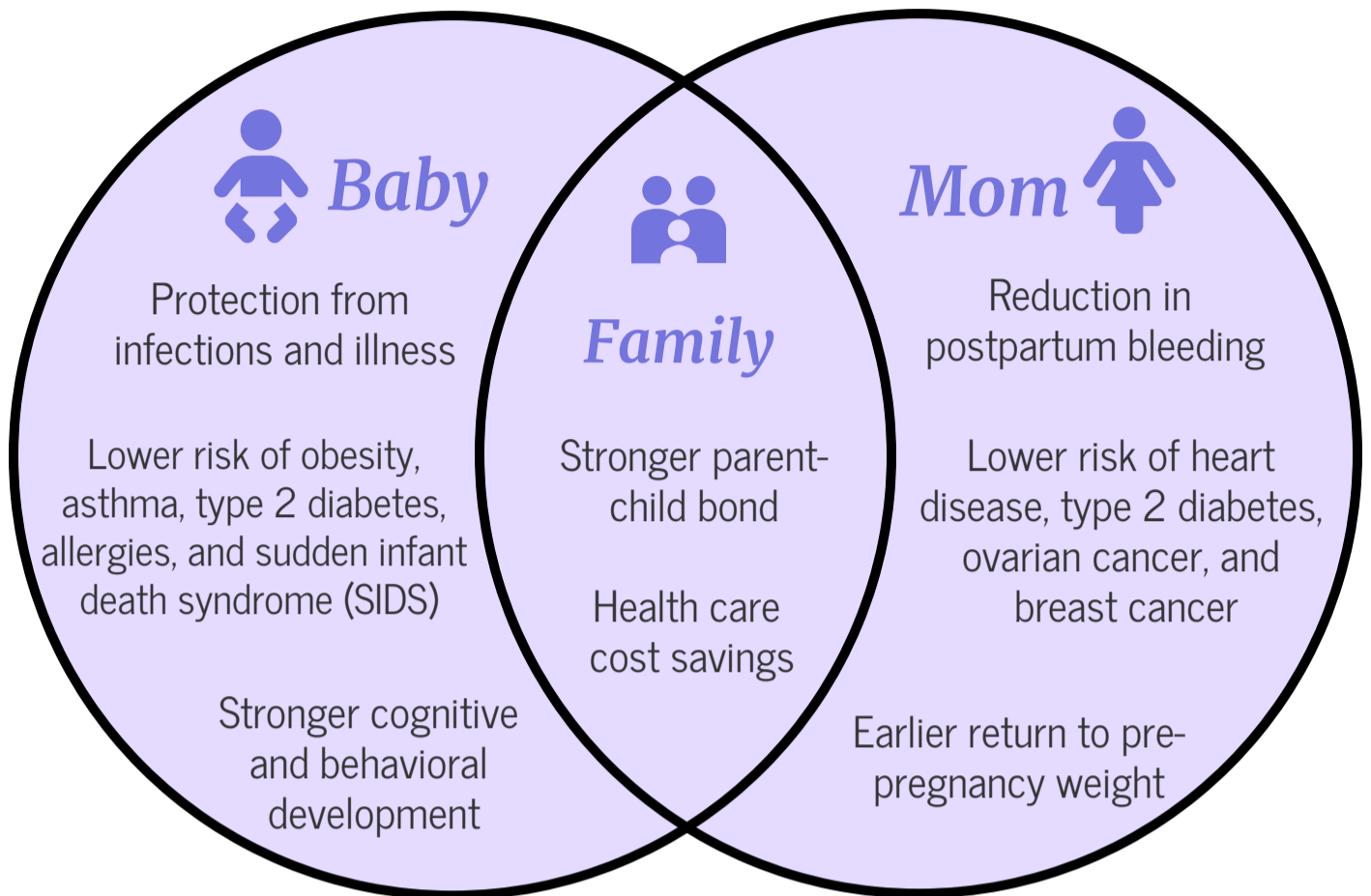


Breast Is Best For Illinois Babies

Breastfeeding Benefits



Only **25%** of Illinois babies exclusively breastfed for six months, as recommended

\$3 billion added to medical costs per year in the U.S. due to low breastfeeding rates

16% less likely for black babies to be breastfed than white babies in Illinois

→ The American Academy of Pediatrics recommends feeding breast milk only for the first 6 months after birth, then slowly introducing solid foods while still breastfeeding until age 1 year, unless otherwise instructed by your doctor. ←



Call the HHS Office of Women's Health at 1-800-994-9662 for free help with breastfeeding



Keep Hydrated and Eat Healthy
Your body needs extra water and nutritional calories to make breastmilk

Avoid Nipple Confusion
Do not use pacifiers and bottles in the first few weeks after birth, unless there is a medical reason.

Tips for Successful Breastfeeding

Stay Calm and Relaxed
Like all things, breastfeeding takes practice

Talk to a Lactation Counselor or Doctor
Experts can help teach you and offer suggestions if you face challenges