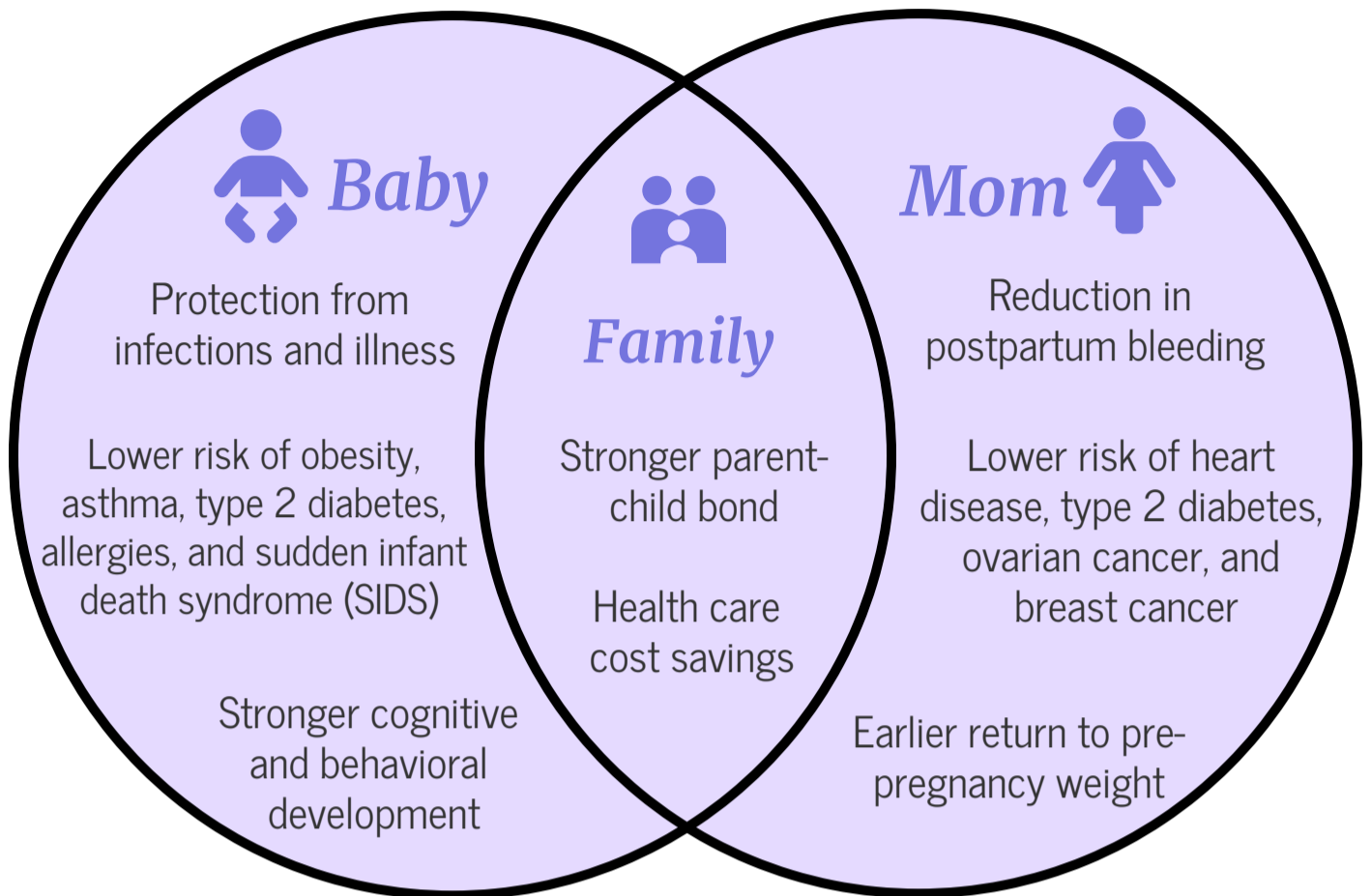


# Breast Is Best For Illinois Babies

## 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