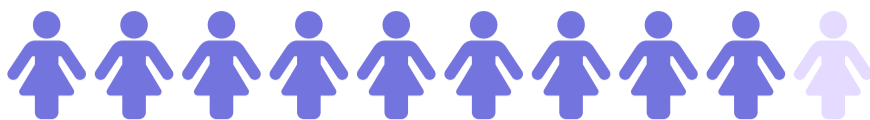
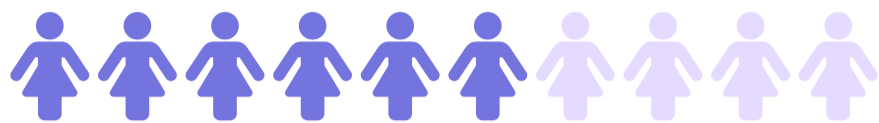


Overcoming Breastfeeding Challenges

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

Check what types of lactation support are covered by your health insurance

Consult a lactation consultant as soon as possible if you experience problems breastfeeding



Ask your healthcare provider whether your medications are safe to continue using while breastfeeding

Connect with peer breastfeeding support groups in your community

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