

## At work, ask for a place and time to pump breastmilk

the law that most employers must provide:

a private room that is not a bathroom for you to pump.

reasonable break times for pumping.

protection for expressed milk.

If your employer does not do this, get advice on how to deal with it.

Join your support group, contact a counselor or WIC coordinator for advice.

Call the U.S. Dept of Labor toll-free at 1-866-487-9243 for help and information.



## Insist on your right to breastfeed

When you breastfeed in public, some people may make rude comments or tell you to stop. But know you are doing your baby the best.

Breast milk is the most perfect food, and your intentions are intended.

Some people also don't know your rights. Know that every state has laws that allow you to breastfeed in public.

Find out your state's laws, go to [www.ncsl.org/issues-research/health/breastfeeding-state-laws.aspx](http://www.ncsl.org/issues-research/health/breastfeeding-state-laws.aspx).

Remember that breastfeeding takes a commitment from you and your support from everyone in your life.



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## TEN TIPS TO



## HELP OVERCOME



## BREASTFEEDING



## HURDLES



## Use these tips to overcome common hurdles

imes it is hard for you to stick to your  
tment to breastfeed. Use these tips to help.

### Before your baby is born



- 1 Start learning early**  
You are doing the right thing, right now, by learning about breastfeeding.

### Find support before your baby is born

Even if your mom, sister or friends didn't feed and can't help, there is a lot of support available.

Join a support group meeting.

The La Leche League can help. Call 877-452-5324 or visit the website at [www.llli.org](http://www.llli.org).

There is also the National Breastfeeding Helpline at 800-994-9662.

Ask for help with breastfeeding counselors.



### Ask your ob/gyn about breastfeeding

Maybe your doctor doesn't have lots of time to encourage you. You can:

Ask for a nurse or midwife to help.

Check out books and videos from your local library.

Read other pamphlets about your health.



### 4 Take a breastfeeding class

Childbirth classes are important, but that is not enough. Find a specific breastfeeding class at a local hospital or clinic.



### After your baby is born

### 5 Get breastfeeding help in the hospital

Some hospitals don't do everything possible to help you breastfeed.

But you can:

- Insist on help from a lactation consultant.
- Nurse your baby within the first hour.
- Only feed with breastmilk.
- Keep your baby in your room 24 hours a day.
- Avoid pacifiers.
- Get a telephone number for support when you go home.



### 6 Don't listen to people who tell you to use formula, even if it's your family

Your partner or family may suggest you use formula or ask if baby is getting enough. But that is not helpful. Ask your family to:

- Learn about breastfeeding with you.
- Support your decision to breastfeed.
- Protect you from criticism.
- Help you find support groups.



### 7 Tell your baby's health care provider you want to do everything possible to keep breastfeeding

Your care providers may think your baby is not gaining enough weight and might even suggest using formula. But, some breastfed babies don't gain as much weight as formula-fed babies.

That's okay.

- Ask them to weigh your baby following the AAP\* chart method "to avoid mislabeling infants as underweight or failing to thrive."
- If you are struggling with breastfeeding, ask for help from a lactation consultant.
- Breastfed babies are generally healthier than formula-fed babies.



\*AAP is the American Academy of Pediatrics

### 8 Get ready to go back to work or school

With a bit of planning you can go back to work or school and still breastfeed.

- Talk to your boss or school counselor about your plans to breastfeed.
- Purchase or rent a breast pump, or borrow one from your WIC clinic.
- Make plans with your child care provider to feed your baby your breastmilk.

