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

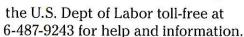
e law that most yers must provide: ivate room that is a bathroom for you ump.

ionable break times oumping. Igeration for

geration for sped milk.

r employer does not this, get advice on o deal with it.

your support group, counselor or WIC edinator for advice.



Insist on your right to breastfeed

you breastfeed in some people may make rude comments you to stop. But now you are g your baby ost perfect food, ure intended.

people also don't know your rights.

dy every state has laws that allow to breastfeed in public.

nd out your state's laws, go to v.ncsl.org/issues-research/health/stfeeding-state-laws.aspx.

feeding takes a commitment from you



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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 itment to breastfeed. Use these tips to help.

e your baby is born



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

ind support before your baby is born

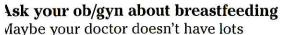
Even if your mom, sister or friends didn't feed and can't help, there of support available.

o a support group meeting.

eche League can help 877-452-5324 or 1e at www.llli.org.

the National stfeeding Helpline 800-994-9662.

with breastfeeding counselors.



to encourage you. You can:

a nurse or midwife elp.

ek out books and os from your ic library.

I other pamphlets



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

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.

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.

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

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.

