You probably already know that breastfeeding has many benefits for your baby. But did you know it can lower your risk of certain cancers (breast and ovarian), type 2 diabetes, and heart disease? Even though it’s natural, breastfeeding isn’t always easy — and many moms stop breastfeeding sooner than they planned. The good news is that there’s a lot you can do to make it more likely that you’ll reach your breastfeeding goals.

Stick with Breastfeeding — It’s Worth It!

Set your baby up for healthy growth and development by sticking with breastfeeding. It may take some work, but it’s worth it!

Reach out and get help.
Research shows that moms who get help are more likely to keep breastfeeding. Here are a few ways to find a lactation consultant, peer counselor, or peer group:
• Ask your baby’s doctor or your delivery hospital if they offer access to lactation consultants.
• Find a local lactation consultant or peer counselor through La Leche League (www.llli.org).
• Ask your employer if you have access to a lactation consultant through your employee wellness program.

Keep breastfeeding when you go back to work.
Many women continue breastfeeding when they return to work — and you can be one of them! Here are some key things you can do to make the transition easier:
• Start pumping and freezing breast milk in advance so you’ll have a supply built up when you go back to work.
• Talk with your supervisor about when and where you’ll be able to pump at work.
• Get the supplies you’ll need to pump and store your breast milk, such as pump parts, bottles, and a lunch box or cooler to store milk in.

Keep breastfeeding after 6 months.
It’s important to know that your baby will still get most of her nutrition from breast milk or formula — even after she starts eating solid foods.

For more information, visit www.healthychildren.org/growinghealthy.

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