

Preparing for Breastfeeding

- Get good prenatal care
- Tell your health care provider about your choice to breastfeed
- Take a breastfeeding class
- Visit with friends who have breastfed or join a breastfeeding support group
- Talk to fathers and family members about how they can help support breastfeeding

Tips for a Good Start

- Place the baby right next to your skin immediately after birth
- Breastfeed within the first hour after birth
- Ask for an on-site lactation consultant to come help you
- Keep your baby in your hospital room so you can breastfeed often
- Avoid pacifiers or artificial nipples so your baby gets used to latching onto just your breast



Resources

- Office on Women's Health, U.S. Department of Health and Human Services
www.womenshealth.gov/
- American Academy of Pediatrics
<http://www2.aap.org/breastfeeding/>
- Centers for Disease Control and Prevention (CDC)
<http://www.cdc.gov/breastfeeding/>
- Women, Infants, and Children (WIC)
http://dhhs.ne.gov/publichealth/Pages/wic_index.aspx
- March of Dimes
<http://www.marchofdimes.com/baby/baby-breastfeeding.aspx>
- Nebraska Breastfeeding Coalition
<http://nebreastfeeding.org/>
- LaLeche League of Nebraska
<http://www.llofne.org/>
- Milkworks
<http://milkworks.org/>

NE DHHS Division of Public Health
Maternal Child Adolescent Health
301 Centennial Mall South
PO Box 95026
Lincoln, NE 68509
Phone: (402) 471-0165
Fax: (402) 471-7049

<http://dhhs.ne.gov/publichealth/MCAH/Pages/MaternalAndInfant.aspx>



Breastfeeding *Best for Baby*



NE DHHS Division of Public Health
Maternal Child Adolescent Health

Breast Milk is Just Right for Your Baby

- Breast milk is the only natural food made just for baby and it's easy to digest.
- Breastfeeding protects your baby's immune system and fights diseases, which helps keep your baby healthy.

Breast milk changes as your baby grows, with just the right amount of fat, sugar, water and protein providing all the nutrients and antibodies to help your baby grow.

An Ancient Art for Modern Times

Babies receive many benefits from breastfeeding. Breastfeeding provides protection and reduces the risk of:

- Ear infections
- Respiratory infections
- Stomach viruses and diarrhea
- Asthma
- Diabetes
- Childhood leukemia
- Obesity
- Sudden Infant Death Syndrome (SIDS)

For more information please visit our website:

[http://dhhs.ne.gov/publichealth/MCAH/Pages/](http://dhhs.ne.gov/publichealth/MCAH/Pages/MaternalAndInfant.aspx)

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Department of Health & Human Services



Breastfeeding Benefits Moms Too

Breastfeeding keeps mothers healthy. Breastfeeding decreases the risk of

- Diabetes
- Breast cancer
- Ovarian cancer
- Postpartum depression

Many studies also show an increase in weight loss.

Once established, breastfeeding can make life easier with no bottles or nipples to wash. Breast milk is ready made and available, no need to buy, measure, mix or warm.

Breastfeeding can save money, up to \$1,500 each year! Breastfeeding keeps baby healthy, lowering health care costs and fewer missed days from work.

Breastfeeding is Good for Society

Breastfeeding is better for the environment with no trash and plastic waste. Breast milk requires no packaging, shipping or disposal.

There are nationwide benefits when mothers breastfeed. "Recent research shows that if 90 percent of families breastfed exclusively for 6 months, nearly 1,000 deaths among infants could be prevented. The United States would also save \$13 billion per year – medical care costs are lower for fully breastfed infants than never – breastfed infants. Breastfed infants typically need fewer sick care visits, prescriptions, and hospitalizations."

<http://womenshealth.gov/breastfeeding/>

