

# Supporting Breastfeeding In the Community

**M**ore mothers today make the choice to breastfeed. Research shows the incredible health benefits of breastfeeding, so much so that major health organizations and professionals now encourage new mothers to breastfeed and call on communities to provide an environment of support.

## What can you do to support breastfeeding mothers and babies in your communities?

- Praise women's decisions to breastfeed.
- Help new mothers and babies feel welcome - whether at your house, place of work or out in public.
- Let mothers know that they are welcome to breastfeed anywhere they have a legal right to be.
- Display stickers, signs and decals welcoming breastfeeding mothers, such as "Mother-Baby Friendly: You are welcome to breastfeed here." These should be displayed on entrances and doorways; not in restrooms.
- If a mother desires privacy, help provide a clean, quiet space with comfortable seating for a mother to breastfeed or pump her milk. This must not be a restroom as that is not a clean or appropriate space for breastfeeding or milk expression.
- Learn the facts about breastfeeding so you can give proper support.



## The Facts on Breastfeeding

- Breastfeeding enhances infant development.
- Breastfed babies have fewer colds and ear infections.
- Breastfed babies have a lower risk of becoming obese, developing asthma, allergies and certain cancers.
- It can save you money through reduced medical bills and formula costs.
- Breastfeeding helps a mom lose weight and reduces her risk for breast and ovarian cancer later in life.
- The World Health Organization and the American Academy of Pediatrics support breastfeeding until age 2 and as long afterward as mutually desired.

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Adapted from: American Academy of Pediatrics <[healthychildren.org](http://healthychildren.org)>

African American Breastfeeding Alliance <[www.aabaonline.com](http://www.aabaonline.com)>

USDA <[www.fns.usda.gov/wic/fathers/MakingtheDecision-brochure.pdf](http://www.fns.usda.gov/wic/fathers/MakingtheDecision-brochure.pdf)>

<[http://www.nal.usda.gov/wicworks/Learning\\_Center/support\\_bond.html](http://www.nal.usda.gov/wicworks/Learning_Center/support_bond.html)>