

# Breastfeeding Quick-Reference Guide by University of Rochester Medical Center - DCPM

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## Description

This quick reference guide on breastfeeding is ideal for physicians, nurses, medical students and other health care providers who would like some basic knowledge to help counsel their patients about breastfeeding. It contains information on the benefits of breastfeeding, contraindications, solutions to common problems, helpful tips on positions, as well as normal infant eating and sleeping habits. Additionally it has a short section on New York State Law regarding breastfeeding and a list of resources for parents. This guide was developed by the Department of Community Preventive Medicine at the University of Rochester to help residents and medical students learn how to counsel their patients about breastfeeding.

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