



Breastfeeding Welcome Here

People and places that welcome breastfeeding help mom and baby get off to the right start.



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Benefits for Baby & Mom:

- Breastfed babies may have a lower risk of obesity, fewer respiratory infections, and are less likely to develop Type 2 diabetes and asthma.
- Mothers who breastfeed may have a lower risk of breast cancer, ovarian cancer, Type 2 diabetes, and postpartum depression.
- Breast milk is less expensive than formula (savings of at least \$1,500 in the first year).
- A healthier baby means less time lost at work.

If 90% of U.S. women breastfed exclusively for 6 months, it could result in nearly 1,000 less infant deaths each year.

How can you help?

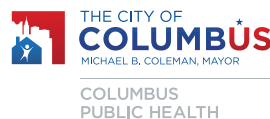
- Put a “Breastfeeding Welcome Here” sign so mothers know this is a breastfeeding friendly space.
- Designate a private room or area, which is not a bathroom, where mothers who prefer privacy can go to breastfeed or pump.
- Encourage breastfeeding mothers to join or establish breastfeeding support groups. Provide resources such as meeting space or healthy refreshments to support these groups.
- For some, you may be the only source of support for a breastfeeding mother. Provide encouragement and peace of mind in letting her know you welcome breastfeeding.

Resources & Support:

- National Breastfeeding Hotline: 1-800-944-9662
- Ask your local WIC office for a breastfeeding peer helper and breastfeeding staff or call toll-free at 1-800-755-4769
- Monthly meetings and 24 hour phone help at your local La Leche League or call toll-free at 1-877-4LA-LECHE

The American Academy of Pediatrics recommends exclusive breastfeeding for the baby's first 6 months of life and continued through the first year as a supplement to solid foods.

Columbus Public Health
240 Parsons Ave, Columbus, OH 43215
www.publichealth.columbus.gov



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PUBLIC HEALTH

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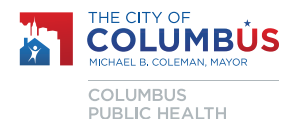
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