



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?

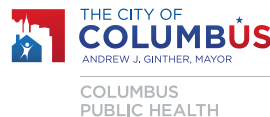
- Put a “Breastfeeding Welcome Here” sign so mothers know this is a breastfeeding friendly space.
- Designate a private room or area, which is not a bathroom, where mothers who prefer privacy can go to breastfeed or pump.
- Encourage breastfeeding mothers to join or establish breastfeeding support groups. 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



Funded by the Preventive Health and Health Services Block Grant from the Centers for Disease Control and Prevention (CDC) and administered by the Ohio Department of Health, Division of Prevention and Health Promotion, Bureau of Healthy Ohio, Creating Healthy Communities Program. This resource was supported by Grant Number 02520014CC0615 from CDC. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of CDC.

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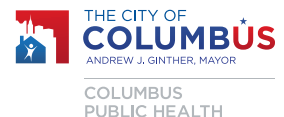
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