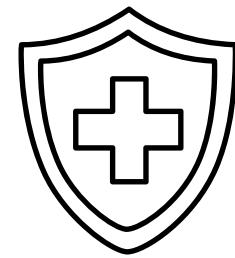


# Breastfeeding can be challenging –but if it's what you want, you deserve to do it.



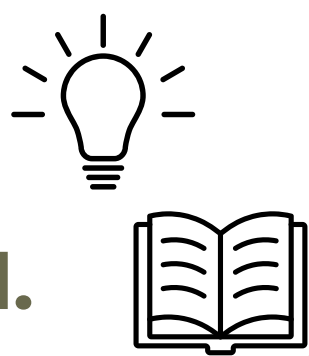
Breastfeeding has **protective factors for both mom and baby**, such as lowering baby's risk of infections and reducing mom's risk of breast cancer and postpartum depression.

Be empowered in your choice. Breast, bottle, or both – what matters is that baby is fed. **Any amount of breastmilk gives health benefits.**



Strict feeding schedules can cause unnecessary stress. Most babies do best with **on-demand feeding**, especially in the early weeks.

Breastfeeding doesn't always come naturally or easily, it's a **learned skill for both parent and baby that helps you bond.**



Still breastfeeding and going back to work? You have the **legal right to time and a safe and private space** to pump at work.

Breast tenderness is common, but **if pain is ongoing** latch or positioning may need evaluation or adjustment.



**Support matters.** Share your breastfeeding goals with family and friends and let them know how they can help.

Breastfeeding while on **medications for addiction treatment**, such as methadone or buprenorphine is **safe and encouraged, regardless of dose.**



If you need help, reach out to your pediatrician, a lactation consultant, WIC (if you are a participant) or local community resources. Early support for breastfeeding or other postpartum challenges greatly increases your chances of success – don't wait.

