



Breastfeeding Basics

Breastfeeding is very healthy for you and your baby. Breast milk is the only food your baby needs for the first 6 months of life. Try to breastfeed for at least 12 months.

Breastfeeding is natural, but it's not always easy. Most moms need a little help in the beginning. Talk to your doctor if you're having trouble getting started.

Benefits of Breastfeeding

Breastfeeding is a great way to bond with your baby. It gives you time to get close and get to know each other.

Benefits for Baby:

Breast milk:

- Has just the right amount of protein, fat, sugar and water to help your baby grow
- Helps protect your baby from infection and illness
- Is easier to digest than formula
- Lowers the risk of Sudden Infant Death Syndrome (SIDS)
- May protect against overweight and obesity

Benefits for Mom:

- Breast milk is free and saves you money
- Helps you lose pregnancy weight
- May help lower risk of diabetes and some cancers

Overcoming Challenges

You may worry you're not making enough milk. The more you nurse your baby, the more milk your body makes. You can pump and store breast milk so that others can feed your baby when you're not around. Most women can work through any problems. If you feel you need more help, talk to your doctor or contact your local Women, Infant and Children (WIC) program, or visit www.breastfeedla.org.



Resources

The WIC program offers breastfeeding support and healthy foods for women and children up to 5 years old. Call **1.888.942.2229** to learn more.

For information in your language or in another format, call L.A. Care at **1.888.839.9909** or TTY **711**