

# National Breastfeeding Month



*There are many benefits to breastfeeding that not only benefit the baby, but the mother as well! It not only provides the baby with proper nutrients for development and growth, but also protects both mother and baby against certain illnesses and diseases. According to the Centers for Disease Control and Prevention, "breastfed babies have a lower risk of asthma, obesity, type 1 diabetes, and sudden infant death syndrome (SIDS), and are less likely to have ear infections and stomach bugs."*

For mothers, breastfeeding can reduce the risk of a range of chronic diseases such as type 2 diabetes, cardiovascular disease, and breast and ovarian cancers. Breastfeeding is convenient as mother's can feed their babies anytime and anywhere!

## Resources:

- [Centers for Disease Control and Prevention](https://www.cdc.gov/breastfeeding/)
- [World Health Organization](https://www.who.int/breastfeeding/)
- [American Academy of Pediatrics](https://www.aaaapeds.org/)
- [Department of Labor](https://www.dshs.wa.gov/fwb)

## How Long to Breastfeed?

It's recommended that infant's be exclusively breastfed until they are 6 months of age. [The American Academy of Pediatrics](https://www.aaaapeds.org/) and the [World Health Organization](https://www.who.int/breastfeeding/) recommend continued breastfeeding along with introducing appropriate complementary foods for up to 2 years of age or longer.

## Common Challenges

Breastfeeding can be challenging, especially early on! Lactation consultants can help you overcome these challenges to make breastfeeding easier. To find a lactation consultant, talk with your PCP or search here: [Find a Lactation Consultant](#).

When returning to work, breastfeeding employees have rights under the PUMP Act. This requires employers to support breastfeeding employees by providing:

- A reasonable break time to express breast milk for 1 year after your child's birth.
- A clean, private, space that is not a bathroom to express breast milk.



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