



Human Milk Feeding

Benefits to Baby

Reduces risk of ear infections, respiratory infections, GI infections, UTIs, SIDS, obesity, diabetes, & more.

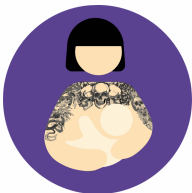
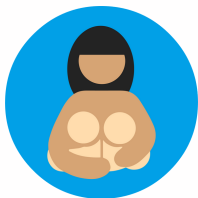
Benefits to Parent

Reduces risk of type 2 diabetes, breast and ovarian cancers, reduces postpartum bleeding.



Getting Started

Lactation or human milk feeding is natural, yet does not always come naturally. We're here to help!



Hold your baby skin-to-skin as much as possible. It helps build your milk supply and your confidence.

Ask for help and find support. Start early to build a strong support network.



Babies nurse for more than hunger. Nursing can soothe pain, calm fears, and comfort babies.

Express milk often. The more you put your baby to your chest, the more milk your body will make.





Human Milk Feeding Resources

Here is a short list of places you can get breast/chestfeeding help and support. There is a longer list on our website, BreastfeedDurham.org. There, you can find many lactation consultants, classes, and support groups.

- Durham County Department of Public Health: 919-560-7732
- Durham WIC: 919-956-4042
- Family Connects: 919-385-0777
- La Leche League: 919-622-8787
- LLLdurham.org

Our website also has information about:

- LGBTQ+ families, Black Breastfeeding Coalition, Comunidades Hispanoamericanas, and MORE
- Exclusive Pumping
- Going back to work while breast/chestfeeding
- How family and friends can help
- Childcare and the breast/chestfed baby
- Breast/chestfeeding friendly businesses
- Food banks and other family support



HumanMilk.org
BreastfeedDurham.org



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