

SUPPORT FROM FAMILY AND FRIENDS

As a mom, you will have many great experiences with your baby. There will be friends and family who will give their advice and opinions. It is important for your loved ones to be supportive of your decision to breastfeed. One third of women are more likely to stop breastfeeding in the first three months if their friends or family have never breastfed and/or do not support breastfeeding¹.

When a mom has friends and family with a positive view about breastfeeding they are more likely to breastfeed longer¹⁻³. A mom needs the support from people who are closest to her in order to continue her breastfeeding journey. Women who are at an unhealthy weight are less likely to breastfeed so support from family and friends can be critical to helping them succeed⁴.

Your supportive family or friends:

- Support your decision to breastfeed for as long as you want.
- Will not pressure you into feeding your baby formula.
- Will offer to help when you are breastfeeding, by making you more comfortable or getting you a glass of water.

Remind your friends and family why you chose to breastfeed your baby. Ask your loved ones to respect your breastfeeding wishes and

TIPS OF THE WEEK

- One out of three moms are likely to stop breastfeeding if they don't have support.
- Women who are at an unhealthy weight are less likely to breastfeed. Get support from family and friends in order to continue your breastfeeding journey.
- Remind family and friends that your baby is healthier when breastfed.

goals. Don't be discouraged by other people's opinions and beliefs about breastfeeding. Teach your loved ones about the benefits of breastfeeding so they can better understand the reasons behind your decision to breastfeed. Take your loved ones to a breastfeeding class or support group.

Remember, breast milk is the best food you can give your baby. Lean on your friends and family to help you through your breastfeeding journey!

The health care law, (Affordable Care Act) requires most health insurance plans to provide breastfeeding equipment and counseling for pregnant and nursing women. You may be covered for a breast pump and visits with a lactation consultant through your medical insurance plan, WIC, or Medi-Cal. Contact your insurance plan for questions about your breastfeeding benefits.

IF YOU NEED BREASTFEEDING HELP, CALL THE HELP LINE: 888-278-6455

RESOURCES:

You can also refer back to the *Breast Milk vs. Formula* lesson for more information.

Don't forget to browse through the Choose Health LA Moms Breastfeeding Resources.

womenshealth.gov/breastfeeding/finding-support-and-information/

womenshealth.gov/itsonlynatural/finding-support/building-your-support-network.html

nct.org.uk/parenting/how-can-family-and-friends-support-breastfeeding

kellymom.com/bf/concerns/mother/criticism/

VIDEOS:

DEALING WITH LACK OF FAMILY SUPPORT

womenshealth.gov/itsonlynatural/overcoming-challenges/dealing-with-lack-of-family-support.html

BUILDING A BREASTFEEDING SUPPORT NETWORK

womenshealth.gov/itsonlynatural/finding-support/index.html

BLOGS:

phdinparenting.com/blog/2008/11/1/what-does-support-look-like-what-to-do-and-not-do-to-support.html

bravadodesigns.com/connect/bravado-mama-blogs/

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