

# SUPPORTING **BREASTFEEDING**

**Pediatricians, obstetricians, nurse practitioners, nurse midwives, and family medicine providers can play a key role in promoting breastfeeding and supporting families.**

## **You and your staff can:**

- Communicate the benefits of breastfeeding and the risks of formula feeding to all of your patients (Use the handout *Benefits of Breastfeeding: Information for Pregnant Women & New Families*).
- Educate yourself about breastfeeding and how to care for breastfeeding families in your practice (Use the *Provider Resource Guide for Breastfeeding*).
- Know how to assess breastfeeding and manage common breastfeeding problems.
- Know the local resources available to you and your patients (WIC, breastfeeding support groups, lactation consultants, breast pump rental stations, etc.).
- Understand how to use breastfeeding equipment and be able to support women who wish to return to work or school while breastfeeding.
- Consider having a Lactation Consultant on staff to address any questions or concerns your patients may have.

