

WATERMELON and WIGGLES



Breastfeeding Support

There is strong evidence that breastfeeding young children creates more positive health outcomes for baby and mom, including decreased rates of death and illness. More families are choosing to breastfeed because of this.

According to the Center for Disease Control (CDC), more Minnesota mothers are breastfeeding and for longer periods of time. For example, in 2012, 84% of babies in Minnesota were breastfed. In 2013 the percentage of families' breastfeeding rose to 90%. That percentage drops to 65% at 6 months and 39% at 12 months of age. Social supports to mothers are incredibly important to keep the breastfeeding rates as high as possible, especially when mothers return to work and infants go into the care of child care providers.

The breastfeeding rates can also be lower for women and children of color. **Doctors at the American Academy of Pediatrics recommend feeding breastmilk exclusively for the first 6 months of life and until at least 12 months with supplementary foods...** but strong supports from family and the community are vital to achieve this goal. *A child care provider can support you in your goals to breastfeed your child when you return to work.*

HEALTHY Community Connections

Breastfeeding Resources

Looking for free support groups, education on breastfeeding, lactation consultants or to meet other women who are going through a similar experience as you? Interested in a culturally specific support system?

Google search: *Pregnancy and Postpartum Support Minnesota* for organizations and upcoming classes.



The whole community benefits from breastfeeding

Breastmilk provides antibodies and immune support that reduces risk of ear infections, colds and other illness for baby. There is even a connection to breastfeeding and healthy childhood weight later on down the road. By supporting breastfeeding mothers, you are supporting the **overall health of the population and curbing the spread of seasonal illnesses like cold and flu.**

Breastfeeding also supports mom's health by helping her return to pre-pregnancy weight, and decreases risk of breast and ovarian cancer. In turn, **decreasing weight-related disease and cancer alleviates pressure on rising healthcare costs for all communities.**

For more information, check out the American Academy of Pediatrics (www.aap.org) website (search breastfeeding benefits)

Parent Resources

Do you have questions about the challenges of parenting? The Developmental Parenting Highway online course is a free series from the University of Minnesota relating to overindulgence. This course is for those who are unsure what overindulgence is and outlines how parenting is like driving on a highway. Search the course title under the [UMN Extension](http://www.umn.edu/extension) website for more information.

Did you know there are websites and phone apps specifically designed to help you with your personal breastfeeding goals? Some suggestions: www.kellymom.com, www.coffective.com and Baby Breastfeeding Tracker app

Dakota County has community breastfeeding resources and support available. Visit www.dakotacounty.us (search breastfeeding community resources). There are many free resources through insurance plans and healthcare providers. Ask your provider where you might find them.

Women Infant and Child (WIC) is a nutrition program for pregnant and breastfeeding moms, and kids age zero to five years old. Breastfeeding moms get a sizable monthly food package to support their nutritional needs while breastfeeding. Visit www.dakotacounty.us (search WIC) to see if you qualify.

Breastmilk storage tips



[Amazon](https://www.amazon.com)

Freezing small quantities of milk in freezer trays can help keep milk fresh for longer.

You can defrost these small portions later for a bottle or mix with pureed foods when baby is old enough for solids. Consider delivering these trays to your child care provider too, so they have them on hand. For more information on tips for storage and containers visit: <https://www.verywellfamily.com/breast-milk-storage-bags-and-containers-431568>

Follow recommendations for handling and storage of breastmilk by searching 'Proper Storage and Preparation of Breastmilk' on the CDC website - www.cdc.gov.

Returning to Work?

Did you know?

- A woman has the legal right to breastfeed anywhere she chooses.
- Employers are required by law to provide time and a private space for milk expression when you return to work. Ask your employer if there is already a dedicated lactation space.
- A lactation space must have an electrical outlet, be near running water, and cannot be a bathroom with a toilet stall.
- Working with your employer ahead of time to create your breastfeeding plan can make your return to work smoother.
- Your insurance company may cover the cost of a breast pump. For reputable breastfeeding resources on pumping at work, visit: momspumphere.com or workandpump.com
- Seek support from a lactation consultant if you're having issues breastfeeding. Many hospitals have these professionals available. Some insurance will cover this cost.



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