

# Support Breastfeeding Mothers

You can help mothers continue breastfeeding when returning to work or school

## To help a mother breastfeed you can:

- > Offer her a comfortable place to pump breastmilk or breastfeed her baby when she visits.
- > Encourage her to get the baby used to being fed pumped breastmilk before starting childcare. Let her know that it is helpful if the baby is comfortable taking a bottle from someone other than the mother.
- > Feed her baby infant formula **only if she requests it.**
- > Discuss the baby's usual feeding schedule. Ask whether she wants you to time the baby's last feeding so that the baby is hungry and ready to breastfeed when she arrives. Ask her to call if she is going to miss a feeding or be late.
- > Encourage her to provide a back-up supply of frozen or refrigerated pumped breastmilk in case the baby needs to eat more often than usual.
- > Share information about other places in the community that can answer her questions and concerns about breastfeeding.

## Tell her about the benefits of breastfeeding

### Breastmilk benefits babies

- > Contains nutrients that reduce infections and food allergies
- > Protects against asthma and diabetes
- > Enhances brain development
- > May protect against obesity

### Breastfeeding benefits mothers

- > Helps mothers recover from pregnancy and get back into shape more quickly
- > Protects against some types of cancer
- > Saves time and money

## Breastfeeding resources for mothers

### HEALTH Information Line

1-800-942-7434

Addresses basic breastfeeding questions and concerns and provides local referrals

### La Leche League International

1-847-519-7730

[www.lalecheleague.org](http://www.lalecheleague.org)

Breastfeeding support and information by telephone and monthly meetings

### Rhode Island Breastfeeding Resource Directory

[www.health.ri.gov/topics/breastfeeding.pdf](http://www.health.ri.gov/topics/breastfeeding.pdf)

Local breastfeeding resources for mothers and their health care providers

All Rhode Island birthing hospitals have "warm-line" phone services that mothers can call after discharge if they have questions or concerns about breastfeeding. Contact your local hospital or the Family Health Information Line for warm-line phone numbers.

For more information call the  
HEALTH Information Line  
1-800-942-7434

