

## Exclusive Breastfeeding

To give the infant all the benefits of breastfeeding, the baby should receive only breast milk. This is critically important during the first three weeks when lactation is being established. If a nursing mother needs to be separated from her baby, provide information on safe expression, handling and storage of breast milk.

Ask for other breastfeeding fact sheets published by Cooperative Extension. Call 702-257-5547 or log onto <http://www.unce.unr.edu/publications/search/>

**Breastfeeding - Tips for Success**

**Breastfeeding - Mom's Special Gift**

**Breastfeeding - Healthy Eating for Mom**

**Breastfeeding - Safe Handling of  
Expressed Breast Milk**

**Breastfeeding - Is Baby Getting Enough?**

**Breastfeeding - Mastering the First Week**



Call the Breastfeeding Support Hotline at the University of Nevada Cooperative Extension 702-257-5583 for more information.

Mom's Special Gift is partially funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-992-0900.

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# For The Health Professional:

**HOW YOU CAN  
PROMOTE,  
PROTECT AND  
SUPPORT  
BREASTFEEDING**

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## If a mother says to you...

## Try saying...

<i>I do not want to breastfeed my baby. OR I want to do both: breastfeed and bottle feed</i>	Would you share with me the reasons you made this decision?
<i>Why do you want to know why I don't want to breastfeed?</i>	I will support your choice of infant feeding. I just wish to be sure you have been given all the information to make a suitable decision. So I need to hear what you already know.
<i>I am afraid I will not make enough milk.</i>	Many mothers worry about this. When you start, nursing 8-12 times in a 24 hour period helps you establish a good milk supply.
<i>I need to go back to work/school in a short period of time.</i>	Even if you can only nurse for one month, you will be providing your newborn with protection from infection. Try nursing for the first three weeks; then you can begin to pump your milk and let someone else feed your baby from a bottle. You and your baby will get used to this routine. When you return to work, you will need only 15-20 minutes every 3-4 hours to pump enough milk to leave for your baby the next day. We can get you some materials about pumping and storage.
<i>No one in my family breastfed.</i>	If you are concerned that you wouldn't have someone experienced to help you, we can get you a list of local resources available.
<i>I was given formula and I am fine.</i>	We are just beginning to recognize some potential long-term benefits of breastfeeding and long-term risks of formula feeding for both baby and mom. These include protection from chronic illnesses such as obesity and heart disease.
<i>My partner (mother; mother-in-law) is against it.</i>	What might make this person reconsider? Do you need some written material? Would you like me to talk with them?
<i>I heard it will hurt.</i>	If the baby is not placed onto the breast correctly, it might hurt. We will make sure that you are shown what to do.
<i>I had a really bad time nursing my first baby.</i>	Every baby is different and every nursing experience is different. We will get you assistance if needed.
<i>I don't want my baby sucking on my breast.</i>	Is there something else you wish to share with me about this?
<i>I am embarrassed to nurse in public.</i>	Many women feel this way. I can show you several ways to breastfeed so others won't notice. There is a Nevada state law (NS 201.232) that protects your right to nurse your baby in any place that you are allowed to be.