

BREASTFEEDING



“Breastfeeding provides unmatched health benefits for babies and mothers. It is the clinical gold standard for infant feeding and nutrition, with breast milk uniquely tailored to meet the health needs of a growing baby.” -Dr. Ruth Petersen

Breastmilk provides all the energy and nutrients that your infant needs for the first six months of life, and it continues to provide up to half or more of a child's nutritional needs during the second half of the first year, and up to one third during the second year of life.

WHEN WOMEN BREASTFEED

They are at decreased risk of breast cancer, ovarian cancer, endometrial cancer, cardiovascular disease, osteoporosis, high blood pressure, metabolic syndrome, anemia, rheumatoid arthritis, type 2 diabetes and postpartum depression. Every pregnancy reduces the risk of breast cancer by 7% and every year of breastfeeding reduces it even more by 4.3%.

13 total months of breastfeeding reduces the risk of ovarian cancer by 63% and 31 total months of breastfeeding reduces the risk by 91%.

WHEN BABIES BREASTFEED

They have a 56% decreased chance of SIDS. There are lower risks for asthma, lower risks of ear infections, vomiting and diarrhea. They have a 64% lower risk for type 2 diabetes and 23% lower risk for acute lymphocytic leukemia.



BREASTFEEDING & WORK

The federal Break Time for Nursing Mothers law requires employers covered by the Fair Labor Standards Act (FLSA) to provide basic accommodations for breastfeeding mothers at work. Under the PUMP Act, most nursing employees have the right to reasonable break time and a place, other than a bathroom, that is shielded from view and free from intrusion to express breast milk while at work. This right is available for up to one year after the child's birth.

All fifty states, the District of Columbia, Puerto Rico and the Virgin Islands have laws that specifically allow women to breastfeed in any public or private location.

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