

My mom said that breastfeeding hurts!

I've heard that breastfeeding is really hard to do.

I'm worried I won't make enough milk.

I cannot work or go to school and nurse.

My partner doesn't want me to nurse.

I am not comfortable nursing the baby at my breast.

I'm afraid I'll be tired.

Formula is healthier for my baby.



Breastfeeding Concerns: Are you worried?

A publication of the Indiana State Department of Health, Office of Women's Health, 2015.



Labor of Love
Helping Indiana Reduce Infant Death

It was tough at first, but with help from lactation specialists I am doing great!

I'm so glad I don't have to get up and make bottles when I am really tired!

I learned how to use a breast pump. It worked great and I feel more comfortable.

I know that Indiana has laws that let me pump at work and school.

I realized that breastfeeding is all about supply and demand. The more I nurse, the more milk I make.

My lactation specialist taught my family about breastfeeding. Now they support me completely!

My pediatrician said that pain during breastfeeding is not normal. She sent me to a lactation specialist for help.



Breastfeeding Reality:

Best for baby. Better for you.

Help and support for you:

Indiana State Department of Health
Office of Women's Health
<http://www.in.gov/isdh/18061.htm>

Indiana Perinatal Network
www.indianaperinatal.org

Indiana Breastfeeding Coalition
www.indianabreastfeeding.org

Indiana Black Breastfeeding Coalition
indianablackbreastfeedingcoalition.com

La Leche League of Indiana
llofindiana.org

Women, Infants and Children (WIC)
[www.http://www.in.gov/isdh/19691.htm](http://www.in.gov/isdh/19691.htm)