

My mom said that breastfeeding hurts!

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



I cannot work or go to school and nurse.

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



My partner doesn't want me to nurse.



I am not comfortable nursing the baby at my breast.

Formula is healthier for my baby.

I'm afraid I'll be tired.



Breastfeeding Concerns:

Are you worried?

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

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

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.

- 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)

Breastfeeding Reality:

Best for baby. Better for you.