



Breastfeeding



Plan ahead to ask the right questions and manage your health

Breastfeeding is best for your baby. Breastfed babies are sick less often, and they are less likely to develop health problems like asthma, diabetes, respiratory syncytial virus (RSV), and some types of cancer. It is also good for mothers. Moms who nurse their babies are less likely to go on to get breast cancer, diabetes, rheumatoid arthritis and ovarian cancer. Babies should be breastfed for at least 12 months, and should not have any other kind of food or drink for the first six months.¹

Tips for success

With the right support, most women are able to breastfeed. To get ready, read about breastfeeding and take a class while you're pregnant. Talk to friends and family who have breastfed. Let your doctor know you plan to nurse your baby, and that you would like to breastfeed as soon as you are able – within an hour of birth, the baby's sucking instinct is strongest.² You may feel that this does not come naturally to you or to your baby, but with patience most mother-and-baby pairs catch on quickly. Your doctor, nurse and the hospital's lactation consultant are all there to help.

Get off to a good start

During your hospital stay:³

- Keep your baby in the room with you.
- Don't give your baby pacifiers or formula.
- Put your baby to your breast when he or she cries. Don't worry about feeding your baby too much or spoiling him or her.
- Ask to talk to the hospital's lactation consultant, if you have questions.

Qualify for a free breast pump

Did you know that you can qualify for a **free breast pump** under your medical plan?

Contact an Anthem Health Guide at **833-646-9322** for more details and help locating an in-network provider.



Sources

¹ American Academy of Pediatrics website, Breastfeeding and the Use of Human Milk (accessed February 2017): www.aappolicy.aappublications.org.

² U.S. Department of Health and Human Services, Office on Women's Health website, Your Guide to Breastfeeding (accessed February 2017): www.womenshealth.gov/publications/our-publications/breastfeeding-guide/Your-Guide-to-Breastfeeding-508_final.pdf.

³ Centers for Disease Control and Prevention website, The CDC Guide to Strategies to Support Breastfeeding Mothers and Babies (accessed February 2017): www.cdc.gov/breastfeeding/pdf/BF-Guide-508.PDF.

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