



A MINUTE OF HEALTH WITH CDC

Helping New Moms from Day One

Vital Signs: Hospital Practices to Support Breastfeeding — United States, 2007 and 2009

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This program is presented by the Centers for Disease Control and Prevention. CDC — safer, healthier people.

New mothers can give their babies a healthy start in life by breastfeeding. Breastfeeding can protect a baby from infections, asthma, diabetes, SIDS, and obesity. Newborns should be fed nothing but breast milk for the first six months of life and continue nursing for at least the first year. Even though three-quarters of moms start out breastfeeding their babies, many can't continue as long as they'd like. Professionals trained in breastfeeding counseling and support can help moms overcome barriers to nursing. Talk to your health care provider about where you can get this type of help, and if you know a mom who is breastfeeding, find out how you can help her to succeed.

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