

# HealthTips

Make Health Happen

**Breastfeeding**  
is a personal choice.

Is it right for you  
and your baby?

## Is breast milk the best milk?

Breastfeeding saves lives, time and money. There are no bottles to buy or formula to prepare. Breast milk is clean, warm and ready-to-serve.

## Benefits of breastfeeding

### Breast milk ...

- ... is great food for my baby.
- ... has all the nutrition my baby needs for the first six months of life.
- ... is easy for my baby to digest. My baby is less likely to have diarrhea.

**Breastfeeding gives you time to relax while you bond with your baby.** This is also true for bottle-feeding. Choose what's right for you and your baby. If you start breastfeeding and then switch to bottle-feeding, that's OK, too.



### Breastfeeding will ...

- ... reduce my baby's risk of allergies, obesity, and some serious childhood illnesses like asthma, leukemia, and diabetes.
  - ... lower my baby's risk of sudden infant death syndrome (SIDS).
  - ... lower my risk of getting type 2 diabetes, certain types of breast cancer and ovarian cancer.
- And it may help you **get back to your normal weight faster.**



## Did you know

you can pump breast milk into a bottle and **keep in the refrigerator for up to five days?** It can be **frozen for up to 12 months.**

  
**dell children's**  
HEALTH PLAN

Helpful phone numbers for Dell Children's Health Plan members only  
Member Services or 24-hour Nurse HelpLine: 1-888-596-0268 (TTY 711)

[DellChildrensHealthPlan.com/members](http://DellChildrensHealthPlan.com/members)

## Breastfeeding FAQs

### Does breastfeeding hurt?

**No.** It's not normal to have pain while you're breastfeeding. If it does hurt, talk to your primary care provider or contact your local WIC office. There are professionals who can help you.

### Are my breasts too big/too small to breastfeed?

**No.** The size of your breasts doesn't affect your ability to breastfeed.



**Breastfeeding is perfectly natural. But talking about it doesn't always come naturally.** If you're too shy to ask your primary care provider, scan here and get answers from the privacy of your phone.



### Resources:

Women, Infants, and Children (WIC) - <https://www.fns.usda.gov/wic/toll-free-numbers-wic-state-agencies>

La Leche League International (LLL) [www.llli.org](http://www.llli.org)

National Breastfeeding Support Line 1-800-994-9662

Infant Risk Center (for questions about breastfeeding and medications) 1-806-352-2519

### Sources:

Office on Women's Health, U.S. Department of Health and Human Services, [womenshealth.gov](http://womenshealth.gov) (Accessed on February 6, 2019.)

American Pregnancy Association, [americanpregnancy.org](http://americanpregnancy.org) (Accessed on February 6, 2019.)