



WESTCHESTER COUNTY CARES

Breastfeeding

Provides Health Benefits for Both Baby and Mom

• The Department • of Health Cares... •

Why Breastfeed

Breast milk is perfectly made for your baby. It gives your baby the nutrients to stay healthy, fight infections and develop a strong brain. Babies digest breast milk easier than formula. This means less diarrhea and spit up. Breast milk can help protect your child against obesity, diabetes, asthma, and childhood leukemia.

Breastfeeding lowers mom's risk of diabetes, some cancers and postpartum depression. Breastfeeding helps mom bond with her baby and recover faster from pregnancy and labor. Breastfeeding is also a money-saver. All your baby needs for the first six months of life is breast milk. No need to spend hundreds of dollars on formula.

Know Your Rights

Breastfeeding is natural—and the law reflects that. Breastfeeding is legally allowed in all public places. Get a copy of the Breastfeeding Bill of Rights at: <http://www.health.ny.gov/publications/2028/>

Employers must provide a clean, private space (that is not a bathroom) to pump breast milk at work. It is illegal for an employer to discriminate against you for breastfeeding your baby or pumping breast milk.

Under the Affordable Care Act, all health plans are required to cover breastfeeding services and supplies at no cost sharing. This means that unless your insurance plan is grandfathered (very few are), lactation counseling and breast pumps should be covered for free. In New York, Medicaid also covers these services at no cost to women. Learn more about the state of breastfeeding coverage at: www.nwlc.org

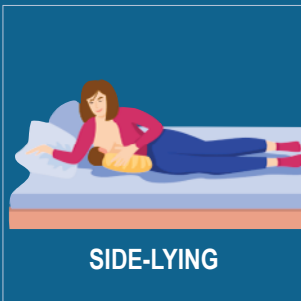
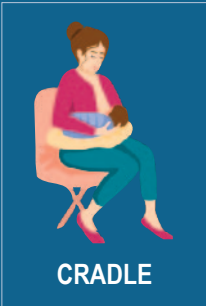
Why WIC

The Westchester County Department of Health's Supplemental Nutrition Program for Women, Infants and Children (WIC) has been providing services to the community since 1979 and serves thousands of participants annually. WIC provides breastfeeding support and counseling, nutrition education to promote a healthy lifestyle and monthly benefits to purchase nutritious foods. Families can seek breastfeeding support and guidance from the program's nutrition staff, Certified Lactation Counselors (CLC) and Peer Counselors. Breast pumps are available for WIC eligible breastfeeding women based on a breastfeeding assessment.

To learn more about the WIC program, visit <https://health.westchestergov.com/wic--community-nutrition-services>

POPULAR BREASTFEEDING POSITIONS

Successful breastfeeding depends on positioning and attachment. The baby's whole body should be supported and close to the mother and positioned to see the mother's face.



Breastfeeding Support is Available

Breastfeeding is a journey and most women go through ups and downs along the way. No matter what stage of the breastfeeding journey you are in, there are many resources available to assist you.

Scan the QR code below to find breastfeeding support near you.



Stay Connected

 Visit: www.westchestergov.com/health

 Like: facebook.com/wchealthdept

 Follow: x.com/wchealthdept

24-Hour Public Health
Information Line: 914-813-5000



Westchester
County

George Latimer, County Executive
Sherlita Amler, MD, Commissioner
Department of Health