



Breastfeeding & Healthy Living



Breastfeeding is the first step to a healthy life and forms a natural and lasting bond between mother and child. The more a mother breastfeeds, the greater will be the benefits to mother and baby.

To learn more visit us at: cdph.ca.gov/Breastfeeding



Breastfeeding Families

Educational Materials for Breastfeeding Families
Handouts and Information Sheets

The **“Right to Breastfeeding in Public” Card** has been created in response to reports that mothers were told to stop breastfeeding despite the fact that they are granted the right to breastfeed by California law

Breastfeeding Resources for Moms

Includes information on breastfeeding basics, caring for your baby and other breastfeeding hints from the WIC program

Going Back to Work or School

For mothers, employers, child care workers. Includes the state and federal Lactation Accommodation Laws

California Laws

Information on human milk banking, breastfeeding rights, and working & breastfeeding

Women, Infants and Children Program

The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) is a federally-funded health and nutrition program for women, infants, and children that promotes breastfeeding.



Breastfeeding Professionals

Oral Health

The Oral Health Program helps to ensure the oral health needs of pregnant women, mothers, children and adolescents, especially within low-income families. Health care providers are encouraged to follow the surgeon general's recommendations to promote and support optimal breastfeeding and oral health practices among their patients.

Emergency Preparedness

How can my community prepare for infant feeding in emergencies? Links to address mother/infant transportation and care, as well as infant and toddler nutrition are included.

Reimbursement Resources for Lactation Support Services

Informational resources on reimbursement, opportunities to bill for lactation services and cost effective use of lactation consultants .

Comprehensive Perinatal Services Program: Steps to Take Guidelines

Program Guidelines for Enhanced Health Education, Nutrition, and Psychosocial Services: Infant Feeding Chapter. Handouts are available for downloading separately.

Education for Professionals: Information about becoming an IBCLC

Information from the International Board of Lactation Consultant Examiners (IBLCE), Lactation Course Accreditation, American Academy of Pediatrics, and Academy of Breastfeeding Medicine.

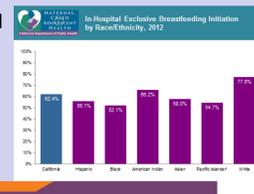
Nutrition and Physical Activity Guidelines for Adolescents: Infant Feeding

To assist Adolescent Family Life Program (AFLP) case managers in motivating AFLP clients: The Infant Feeding chapter focuses on breastfeeding and provides related handouts.

Breastfeeding Data & Statistics

The CDPH MCAH uses a variety of data sources to track adoption of the Baby-Friendly Hospital Initiative's **Ten Steps to Successful Breastfeeding**, monitor progress towards **Healthy People 2020 infant care objectives** and adherence to legislative mandates. For more information visit www.cdph.ca.gov/breastfeedingdata.

In-Hospital Breastfeeding Initiation Data California in-hospital infant feeding practices are monitored using data collected by the Genetic Disease Screening Program. These data show that more work is still needed to reduce the proportion of breastfed newborns who are supplemented with formula while in the hospital and reduce race/ethnic disparities.



Maternal and Infant Health Assessment (MIHA) is a population-based survey of women with a recent live birth in California that collects information about maternal experiences, attitudes and behaviors before, during and shortly after pregnancy. For more information about the MIHA Survey visit: www.cdph.ca.gov/MIHA



Maternity Practices in Infant Nutrition and Care (mPINC)

is a national survey of maternity care practices and policies that is conducted by the Centers for Disease Control and Prevention (CDC) every 2 years. The CDPH MCAH, develops regional mPINC Benchmark Reports to provide local data to facilitate work with hospitals and birth centers in improving breastfeeding support.



Breastfeeding Common Topics



MCAH Breastfeeding Program

The Breastfeeding Program promotes and supports public health and health care efforts to make breastfeeding the normal method of infant feeding in California for at least the first year of life.

Peer Counseling

Information for implementing a breastfeeding peer counseling program through the WIC Breastfeeding Peer Counselor Training Program Handbook

Resources to Help Promote Breastfeeding in the African American Population

Information for families and promotional materials/tools

Management of Human Milk in Child Care Settings

Breast milk should be handled as all foods for infants and young children including correct temperature storage, hygiene and labeling.



Breastfeeding Local Health Jurisdictions

Regional Breastfeeding Coalitions Listing

Breastfeeding Local Health Jurisdiction Coordinators by County & Map

Baby-Friendly™ Hospitals in California

California leads the nation with hospitals achieving this prestigious designation

Guidance for Local Health Jurisdictions and Communities Addressing Infant Safe Sleep Environments

Guidance for addressing the 2011 AAP recommendations, SIDS and Other Sleep-Related Infant Deaths: Expansion of Recommendations for a Safe Infant Sleeping Environment.

Increasing Exclusive Breastfeeding Rates in California Hospitals: A Workshop for Hospital Administrators and Key Decision Makers

Workshop developed by the WIC Program pursuant to California Health & Safety Code Section 1257.9 to assist hospitals in implementing policies & practice recommendations that support exclusive breastfeeding.

Strategies to Prevent Obesity and Other Chronic Diseases: The CDC Guide to Strategies to Support Breastfeeding Mothers and Babies (2013)

Provides state and local community members information to choose the breastfeeding intervention strategy that best meets their needs.



Breastfeeding Hospitals & Health Centers



Hospital Breastfeeding Policies & Practices

Reimbursement Resources for Lactation Support Services

Informational resources on reimbursement, opportunities to bill for lactation services and cost effective use of lactation consultants

Breastfeeding Friendly Clinics Program

To increase breastfeeding duration in California's high risk communities by enhancing the capacity of 15 community safety-net clinics to provide quality breastfeeding services.



Breastfeeding Publications & Reports



Birth and Beyond California: Hospital Breastfeeding Quality Improvement and Staff Training Demonstration Project (BBC) Report (2011)

Describes a demonstration project implemented by the MCAH Division, CDPH

Breastfeeding: Investing in California's Future (2007)

Recommendations to provide a framework for the steps that the CDPH must take to improve exclusive breastfeeding rates and eliminate health disparities in California

California Food Guide: Normal Infant Feeding Guidelines 2006

Recommendations for feeding infants through the Life Cycle from 0-12 months



Breastfeeding Archives

Investing in California's Future 1996

World Breastfeeding Week Proclamations 2012 (PDF)... 2007 | 2006 | 2005 | 2004 | 2003 | 2002