BREASTFEEDING 
BEST PRACTICES

A SUMMARY OF 
STATE-SPONSORED PROGRAMS

IN HEALTHCARE SETTINGS
SUPPORTING THE PROVIDERS

- ONLINE EDUCATION AND TARGETED CURRICULA.
- CONFERENCES TO SHARE KNOWLEDGE.
- CHANGING POLICIES AND PRACTICES IN HOSPITALS TO SUPPORT WOMEN’S BREASTFEEDING EFFORTS.
- MENTOR-MENTEE RELATIONSHIPS WITH HOSPITALS AND BIRTHING FACILITIES TO BECOME BABY-FRIENDLY.

SUPPORTING PARENTS

- PROMOTING EVIDENCE-BASED PRACTICES.
- PROVIDING ONE-ON-ONE SUPPORT DURING BREASTFEEDING WITHIN HARD-TO-REACH POPULATIONS.
- TAILORING MESSAGES FOR VARIOUS WOMEN AND THEIR FAMILIES.

IN THE COMMUNITY
SUPPORTING PARENTS & COUNSELORS

- PEER SUPPORT PROGRAMS TO ASSIST MOTHERS.
- OUTREACH TO LOW-INCOME FAMILIES BUILDING A NETWORK OF SUPPORT.
- ASSESSMENT OF NEEDS FOR BREASTFEEDING SUPPORT IN HIGH-PRIORITY AREAS.
- CHANGING SOCIAL NORMS TO BE MORE SUPPORTIVE OF BREASTFEEDING.

IN THE WORKPLACE
SUPPORTING THE EMPLOYER

- RECOGNITION PROGRAMS FOR EMPLOYERS WHO SUPPORT NURSING EMPLOYEES.
- FINANCIAL ASSISTANCE FOR BUSINESSES TO BECOME BREASTFEEDING-FRIENDLY.
- EMPLOYEE NEGOTIATIONS FOR BETTER LACTATION ACCOMMODATIONS.

TECHNICAL GUIDANCE ON BREASTFEEDING-FRIENDLY WORKPLACES.

FOR MORE INFORMATION, VISIT WWW.ASTHO.ORG/MATERNAL-AND-CHILD-HEALTH/BREASTFEEDING

This project is supported by the Grant Building State Health Department Capacity for Breastfeeding Promotion and Support, funded by the Centers for Disease Control and Prevention.