

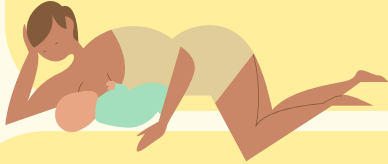
EVERY OUNCE COUNTS!

Breastfeeding is a wonderful way to support you and your baby's health. It takes adjustments, but any amount of breastmilk is beneficial to your baby!



THE FACTS

Beaufort county has the highest breastfeeding rates of 90.8% while counties such as Allendale and Dillon have the lowest breast feeding rates of 49.6%.



LET'S CLOSE THE GAP!



THE MYTHS

- “Breastfeeding restricts my diet”
- “Breastfeeding will ruin the appearance of my breast”
- “I can't work or be in school while breastfeeding”
- “Breastfeeding is always painful”
- “Breastfeeding only benefits my baby”

LET'S LEARN THE FACTS!

BENEFITS TO YOU

- Quicker recovery from childbirth
- Reduces the risk of postpartum depression, type 2 diabetes, and high blood pressure
- Helps your uterus return to its normal size
- Convenience for travel and you can feed your baby on the go
- Cost effective and more affordable than formula milk



RESOURCES FOR YOU

- Talk to your doctor about wanting to breastfeed
- Find Lactation Support
 - SC WIC Breastfeeding Peer Counselors
 - SC Breastfeeding Coalition
 - Health4mom.org
- Insurance can cover breast pump equipment
- Your job is required to provide time and a safe environment to pump

It helps build connection between you and baby!



SOURCES

<https://dph.sc.gov/professionals/public-health-data/sc-tracking/tracking-reproductive-health-dashboard>

<https://www.cdc.gov/breastfeeding/features/breastfeeding-benefits.html>