Breastfeeding
Breastfeeding is the optimal source of nutrition for infants. Breastfeeding has health benefits for both mothers and infants.

The American Academy of Pediatrics recommends that infants exclusively breastfeed for the first 6 months of life.

Breastfeeding exclusively is feeding a child only breast milk without additional food or drink (not even water).

Breastfeeding Reports After Birth

- 4 Weeks: 77.6% are still breastfeeding
- 51.9% are breastfeeding exclusively
- 8 Weeks: 67.4% are still breastfeeding
- 42.5% are breastfeeding exclusively
- 13 Weeks: 59% are still breastfeeding
- 34.5% are breastfeeding exclusively

88.9% of mothers initiated breastfeeding

Whether a mother starts breastfeeding and how long she continues to breastfeed depend on things like...

- Prenatal class attendance
- Mother's age at delivery
- Type of delivery
- Breastfeeding self-efficacy
- In-hospital formula supplementation
- Mother's education level
- Family or peer support

Sources:
1. Semenic, Loiselle, and Gottlieb 2008

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Reasons Mothers Stop Breastfeeding

**Milk Supply**
- Not producing enough milk, milk dried up
- Baby was jaundiced
- Other
- Had too many other household duties
- Went back to work or school
- Felt it was the right time to stop

**Breastfeeding Technique**
- Baby had difficulty latching or nursing
- Nipples were sore, cracked, or bleeding
- It was too hard, painful, or time consuming

**Returning to Work or School**
- Thought baby wasn’t gaining enough weight
- Got sick or stopped for medical reasons
- Baby had difficulty latching or nursing
- Breast milk alone didn’t satisfy baby
- Nipples were sore, cracked, or bleeding
- It was too hard, painful, or time consuming

Strategies to Address Reasons Mothers Stop Breastfeeding

**Milk Supply**
- Increase and improve maternity care practices
- Enhance, expand, and increase access to prenatal classes

**Breastfeeding Technique**
- Educate primary care providers on key breastfeeding challenges
- Increase access to breastfeeding support for mothers and their support system

**Returning to Work or School**
- Increase support for breastfeeding in the workplace or school
- Support breastfeeding through early care and education

For more information about...
- PRAMS breastfeeding data
  - Disparities in breastfeeding
  - In-hospital practices and breastfeeding
- Best practices in grant writing
  - Tips for successful grant writing
  - Grant funding resources
- Activities and resources for each strategy to encourage breastfeeding

For more resources using PRAMS data visit www.dhhs.ne.gov/prams

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