

Breastfeeding

Research shows that breastfeeding provides many health benefits for you and your baby. But it also can be difficult to manage breastfeeding in today's hurried world. Learning all you can before you give birth can help. The decision to breastfeed is a personal one. As a new mom, you deserve support no matter how you decide to feed your baby.

Top questions about breastfeeding

- ▶ [How long does breastmilk stay fresh in the refrigerator?](#)
- ▶ [What if I don't make enough milk?](#)
- ▶ [Where can I find help for breastfeeding?](#)

[Making the decision](#)



- ▶ [Health benefits for your baby](#)
- ▶ [Health benefits for you](#)

[View more](#)

[Learning to breastfeed](#)



► [Breastfeeding holds](#)

► [Getting a good latch](#)

[View more](#)

[Breastfeeding challenges](#)



► [Common breastfeeding challenges](#)

► [Breastfeeding a baby with a health problem](#)

[View more](#)

[Pumping and storing breastmilk](#)



[View more](#)

[At home, at work, in public](#)



▶ [Going back to work](#)

▶ [Weaning your baby](#)

[View more](#)

[Breastfeeding resources](#)



▶ [Your Guide to Breastfeeding](#)

▶ [It's Only Natural](#)

▶ [Supporting Nursing Moms at Work: Employer Solutions](#)

[View more](#)

All material contained on these pages are free of copyright restrictions and maybe copied, reproduced, or duplicated without permission of the Office on Women's Health in the U.S. Department of Health and Human Services. Citation of the source is appreciated.

Page last updated: February 18, 2021