

# 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](#)

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## Learning to breastfeed



► [Breastfeeding holds](#)

► [Getting a good latch](#)

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## [Breastfeeding challenges](#)



► [Common breastfeeding challenges](#)

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

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## [Pumping and storing breastmilk](#)



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



► [\*\*Going back to work\*\*](#)

► [\*\*Weaning your baby\*\*](#)

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## [Breastfeeding resources](#)



► [\*\*Your Guide to Breastfeeding\*\*](#)

► [\*\*It's Only Natural\*\*](#)

► [\*\*Supporting Nursing Moms at Work: Employer Solutions\*\*](#)

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Page last updated: February 18, 2021