

## Providers can play a key role in promoting breastfeeding and supporting families.

### You and your staff can:

- Communicate the benefits of breastfeeding and the risks of formula feeding to all of your patients.
- [Educate yourself](#) about breastfeeding and how to care for breastfeeding families in your practice<sup>1</sup>.
- Know how to assess breastfeeding and manage common breastfeeding problems.
- Know the local resources available to you and your patients (WIC, home visiting programs, breastfeeding support groups, lactation consultants, breast pump rental stations, State Breastfeeding Coalitions, etc.).
- Understand how to use breastfeeding equipment and be able to support women who wish to return to work or school while breastfeeding.
- Consider having a Lactation Consultant available in your office or virtually to address any questions or concerns your patients may have.
- [Learn about](#) the benefits and safety of donor breast milk, and where and how parents can access it<sup>2</sup>.



<sup>1</sup>[aap.org/en-us/advocacy-and-policy/aap-health-initiatives/Breastfeeding/Pages/Breastfeeding-Curriculum.aspx](http://aap.org/en-us/advocacy-and-policy/aap-health-initiatives/Breastfeeding/Pages/Breastfeeding-Curriculum.aspx)

<sup>2</sup>[hmbana.org](http://hmbana.org)