

Breastfeeding resources

Center for Disease Control and Prevention: go to www.cdc.gov/breastfeeding

The National Women's Health Information Center at the Office of Women's Health: go to www.4woman.gov/breastfeeding

United States Breastfeeding Committee: go to www.usbreastfeeding.org

WIC Works!: go to www.nal.usda.gov/wicworks

Head Start programs have an important opportunity to provide families with accurate information on breastfeeding, a welcoming environment, and meaningful breastfeeding support. By investing time and thought in how your program can welcome, promote, and support breastfeeding, you are helping families offer their children an incredible gift — a true head start. **C&F**

References

Breastfeeding and the Use of Human Milk (policy statement), by the American Academy of Pediatrics (Pediatrics, 2005). Available online at <http://aappolicy.aappublications.org/cgi/content/full/pediatrics;115/2/496#T1>.

Best Start Social Marketing: WIC National Breastfeeding Loving Support Campaign (U.S. Department of Agriculture, Food and Nutrition Service, 1997).

National Immunization Survey, conducted by the Center for Disease Control (2007). Available online at www.cdc.gov/breastfeeding/data/NIS_data/data_2004.htm.

Breastfeeding and Maternal and Infant Health Outcomes in Developed Countries, prepared for the Agency for Healthcare Research and Quality, U.S. Department of Health and Human Services (AHRQ Publication No. 07-E007, 2007). Available online at <http://www.ahrq.gov/downloads/pub/evidence/pdf/brfout/brfout.pdf>.

Benefits of Breastfeeding, by the United States Breastfeeding Committee (2002). Available online at www.usbreastfeeding.org/Issue-Papers/Benefits.pdf.



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