

Excerpt from the Babies First Breastfeeding Stakeholder Brochure  
“Giving Babies Only the Best”

## **How You Can Support Mothers Who Choose To Breastfeed**

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- Encourage women to breastfeed by educating them about the benefits of breastfeeding and the risks of formula. Call (559) 445-2746 to request free copies of the Babies First brochure, “Making the Breastfeeding Choice.”
- Tell working mothers about California’s Lactation Accommodation Law, AB 1025, during prenatal visits. Employers are required to provide lactating women with break time and a private, sanitary place to express breast milk. For more information, see [www.wicworks.ca.gov](http://www.wicworks.ca.gov).
- Encourage hospitals, clinics, physicians, nurses and childbirth instructors to promote breastfeeding education and support for their patients.
- Initiate breastfeeding education at medical, nursing, nutrition and other health professional schools.
- Sensitize your fellow physicians, department heads, deans and others to the need to review and improve existing patient and educational materials about breastfeeding.
- Promote internships, fellowships and other educational opportunities on breastfeeding and clinical lactation management.
- Include lactation management in health professional licensure exams and standards of practice.
- Encourage fathers to attend antenatal or breastfeeding classes with mothers.