****A few women sitting on a couch

Description automatically generated with low confidence**`**

**Common Barriers**

***For Baby:***

* Difficulty latching
* Crying more than expected
* Sleeping less than expected

***For Parent:***

* Perception of not producing enough
* Painful or difficult
* Lack of support

**3**

**2**

**1**

**What To Expect**

* Changes in breasts (milk, discomfort) are not usually felt for 2 or 3 days *after* baby is born
* Breastfeeding takes practice!
* Many newborns cry *more* on the second day of life

**A Few Benefits**

***Baby is Healthier:***

* Decreases risk of ear infections, SIDS, pneumonia, digestive issues

***Parent is Healthier:***

* Decreases postpartum bleeding
* Increases weight loss
* Decreases risk of cancer

This information is made available in part by support from the Maternal Health Network (MHN) of San Bernardino County in partnership with **[insert partner name]**. Published in 2021.

To learn more about the MHN, please visit our website at [www.maternalhealthnetworksb.com](http://www.maternalhealthnetworksb.com/).

**INSERT PARTNER LOGO**

**Things to Know about Breastfeeding**

**3**

**Presented by [name], [organization]**

Insert two sentence biography of subject matter expert.