



Considering Breastfeeding?

We want to help you reach your infant feeding goals! Learn how to take steps toward your goals no matter where you are in your breastfeeding journey. Breastfeeding is beneficial for both you and your baby. Breast milk provides ideal nutrition that supports your baby's growth and development.

Are you pregnant?

- Learn what you can do now, before your baby arrives. Consider formula availability, health benefits and budget when making your infant feeding decisions and plans.
- Learn about breastfeeding
 - Attend a FREE virtual prenatal breastfeeding class. Learn more at [Ready Set Baby Live Online Classes - UNC Gillings School of Global Public Health](#).
 - Attend a [breastfeeding](#) support group, in person or online.
 - Read the [Ready, Set, Baby](#) Breastfeeding Guide
 - Talk with the experts at WIC to see if you [qualify for the program](#).
 - Enroll in the WIC [Breastfeeding Peer Counseling program](#) if eligible.

Are you currently feeding your baby both breast milk and formula?

- Consider breastfeeding more. Even adding one additional feeding per day will reduce your need for infant formula. The BEST way to make more milk is frequent and complete removal of milk from the breast. [Review this handout for resources on increasing milk supply](#).

Are you currently NOT breastfeeding or producing any breast milk?

- Relactation is the process by which a parent reestablishes their milk supply after having stopped for some time (weeks or months). More information is available [here](#) and [here](#).
- Relactation may be a challenging process for some, especially the further out one gets from birth. It is important to set realistic expectations based on your individual circumstance. Some parents can partially or fully breastfeed again with the right support.
- Talk to your health care provider about physical and emotional support that may help the process.

Important reminders

- Pasteurized donor breast milk from a certified human [milk bank](#) could be an option if you have the means and availability to purchase. *Only purchase breast milk from a certified human milk bank. Breast milk purchased from other sources is NOT safe.*
- Sharing breast milk is an option if you have a trusted family member or friend with extra breastmilk available to donate. The breast milk will not be pasteurized or tested like human donor milk from the Milk Bank. Consider [discussing](#) health history, social habits and current medications with potential donors.
- Do NOT water down formula, make homemade formulas, or use toddler formula to feed infants.

Need more assistance? Check out these resources

- Find out if you might be eligible for [WIC benefits](#).
- Information about accessing a [Lactation Consultant](#)
- Understand the process of getting a [breast pump](#)
- Resources to assist with Breastfeeding and [Returning to Work](#) and understanding [Your Rights](#)