



## Feed baby human milk, like by breastfeeding.

*Feeding your baby only breastmilk for the first six months provides the greatest protection from SIDS.*

### *A lifetime of benefits for mom and baby:*

- Breastmilk protects your baby from getting sick from illnesses such as diarrhea, asthma, and ear infections. It also lowers baby's chance of obesity and diabetes later in life.
- Breastfeeding reduces your risk for ovarian and breast cancer, type 2 diabetes, and heart disease.



If you bring baby into your bed to feed or comfort, remove all soft items and bedding. If you fall asleep with baby in your bed, put baby on his or her own sleep surface.



**ALSO IN THIS SERIES:**  
Baby Behavior: Crying  
Baby Behavior: Feeding Cues  
Baby Behavior: Sleep  
Room Sharing  
Sleep Surface

### **Let's Talk – Breastfeeding**

Breastfeeding keeps babies healthy and protects them from SIDS.

For content resources, visit: [dshs.texas.gov/SafeInfantSleep](https://dshs.texas.gov/SafeInfantSleep)

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## Family and Caregiver Common Questions

### What if I can't breastfeed at work, and I don't think my employer will let me pump milk at work?

If you haven't talked with your employer about your need to express breastmilk at work, it is important to share your plans as soon as possible.

There are state and federal laws that protect nearly all employees' right to express breastmilk at work. These laws require employers to provide a space to express breastmilk that is:

- protected from view
- protected from someone walking in while you are using it
- available when you need it
- not a bathroom

To learn more about breastfeeding and returning to work and breastfeeding protective laws, visit the Back to Work section on [www.BreastmilkCounts.com](http://www.BreastmilkCounts.com).

### Can I continue to breastfeed after I go back to work?

With preparation and planning, many women can continue breastfeeding after they return to work.

Consider breastfeeding your baby directly or pumping before you leave for work, pump once while on your lunch break, and either directly breastfeed your baby or express your breastmilk as soon as you get home.

Your pumping schedule will continue to change as your baby gets older. After six months, your baby may show signs that baby is ready to try solid foods. Babies show they may be ready by sitting up on their own and showing interest in foods.

Adding solid foods to your baby's feeding routine may change how often you need to pump at work.

### What if I feed my baby pumped milk from a bottle? Will he still be protected from SIDS?

Feeding your baby breastmilk from the breast or with a bottle is more protective against SIDS than not feeding your baby breastmilk at all.

Feeding your baby breastmilk is good for several reasons and prevents SIDS.

- Babies fed breastmilk spend more time in light sleep than babies fed formula, which reduces their risk of sudden death.
- Breastmilk protects babies from infections, like RSV and COVID-19.

Feeding your baby directly from the breast may offer additional protection against SIDS. Babies fed from the breast may have different patterns of breathing, feeding, which could help protect them from SIDS.

Science shows that while feeding at the breast, chemicals in your baby's saliva tell your body how to make the best breastmilk. This can help protect your baby from getting sick.

### Let's Talk - Circle of Support

Continue to share safe infant sleep information with parents and caregivers throughout the first year to increase their use of safe sleep practices!

For content resources, visit:  
[dshs.texas.gov/SafeInfantSleep](http://dshs.texas.gov/SafeInfantSleep)