

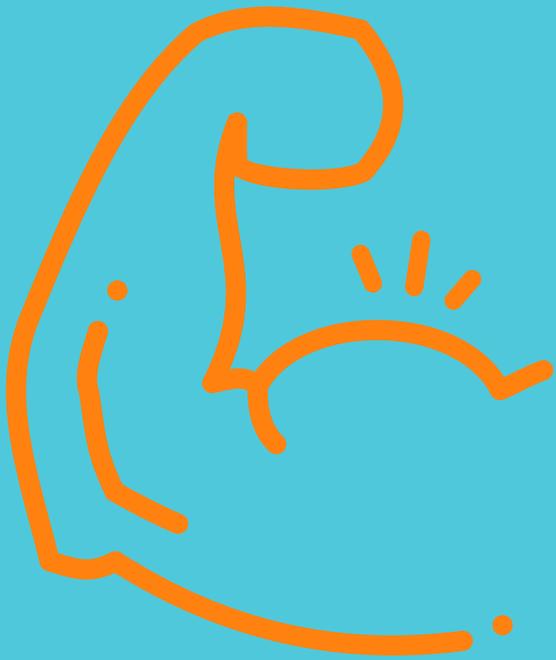
BREASTFEEDING  
AWARENESS  
MONTH  
2023



NEW MEXICO  
SUPPORTING  
YOUR  
FAMILY'S  
BREASTFEEDING  
NEEDS

MAKING A  
DIFFERENCE  
FOR WORKING  
FAMILIES





Provides nutrition to help babies grow and develop

Lowers baby's risk of certain infections and diseases

Lowers mother's risk for certain cancers and diabetes



# Breastfeeding Benefits



Cost savings, as breastmilk is free

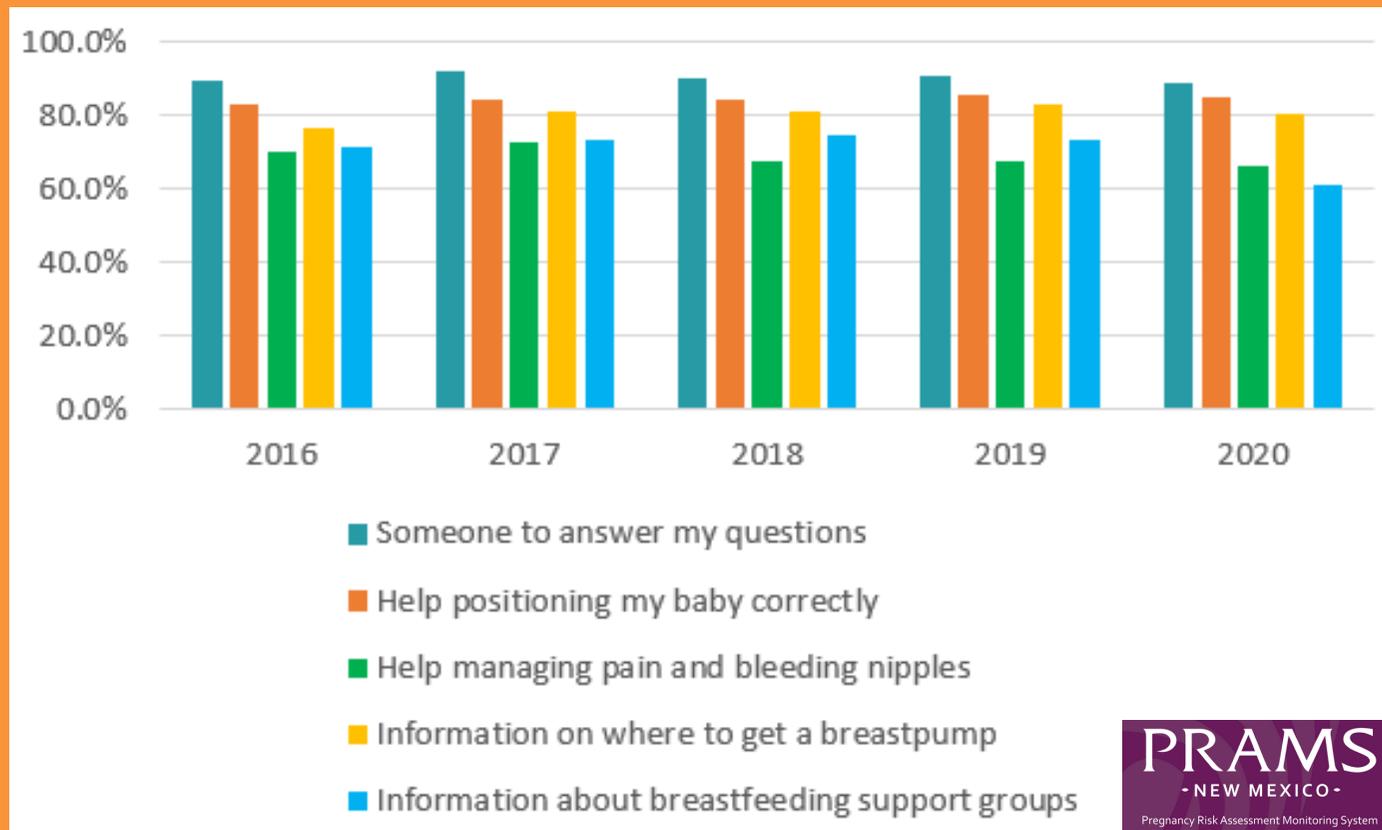
Helps mom recover more quickly from childbirth

Helps baby feel safe, warm, secure, and loved



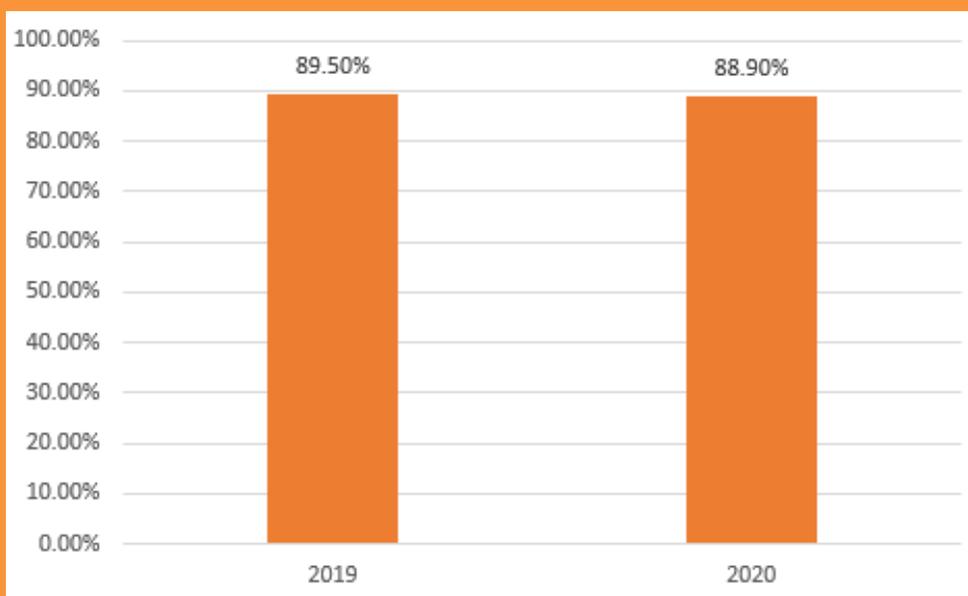
# How New Mexico Supports Breastfeeding

## Breastfeeding Assistance , New Mexico 2016-2020

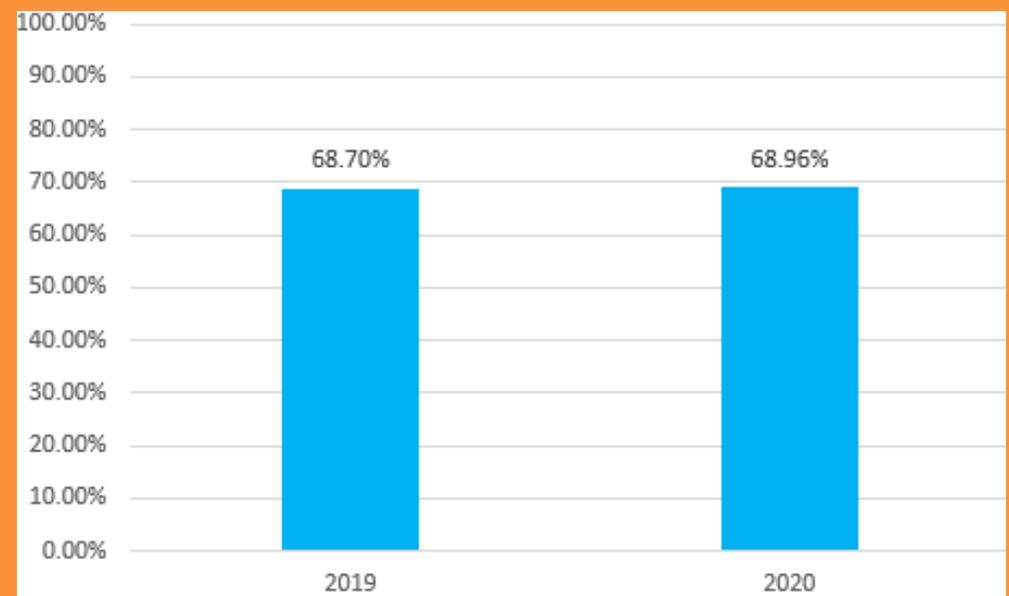


## New Mexico Breastfeeding Rates, 2019-2020

### Ever Breastfed



### Breastfed more than 2 months



# New Mexico Breastfeeding Support



## New Mexico's Women, Infants, and Children (WIC)



Apply for Services  
<https://www.nmwic.org/how-to-apply/>



Nursing Resources  
<https://www.nmwic.org/breastfeeding-your-baby/nm-wic-nursing-resources/>



Online Classes  
<https://www.nmwic.org/online-classes/>

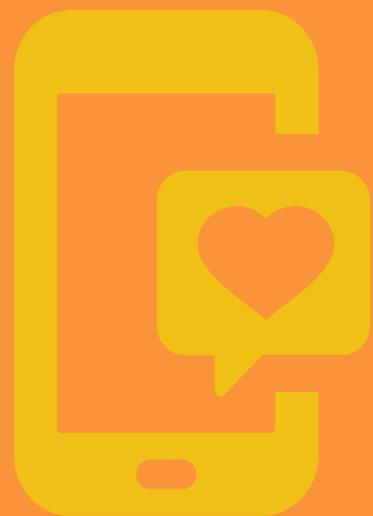
Shopping Resources  
<https://www.nmwic.org/shopping-with-wic/>



**New Mexico Breastfeeding Taskforce**  
<https://breastfeedingnm.org/>



THIS INSTITUTION IS AN EQUAL  
OPPORTUNITY PROVIDER



NEW MEXICO WIC

# Peer Counseling

