Breastfeeding Awareness Month 2023

New Mexico Supporting Your Family's Breastfeeding Needs

Making a Difference for Working Families
Breastfeeding Benefits

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

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/

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