



# GETTING STARTED WITH BREASTFEEDING



The Massachusetts Department of Public Health is excited to announce a new prenatal education video that will help support families as they begin to make decisions about how to feed their infants.

“Getting Started with Breastfeeding” is a 7 ½ minute video in English (9 ½ minutes in Spanish) that provides families with information on the benefits of breastfeeding, tips to get breastfeeding off to a good start in the hospital and resources for breastfeeding support after discharge. The video was designed to meet the prenatal patient education requirements of The Baby Friendly Hospital Initiative.

Please share these videos with patients by:

- Posting to your web site and social media platforms
- Talking about them during prenatal visits and centering groups
- Promoting them in your waiting room, exam rooms, or lab spaces
- Including the QR code with other prenatal education materials

Learn more at [mass.gov/breastfeeding](https://mass.gov/breastfeeding)



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