



Breastfeeding USA

Our mission is to provide evidence-based breastfeeding information and support, and to promote breastfeeding as the biological and cultural norm.

Mothers and children are welcome at all Breastfeeding USA activities and events, which are usually free of charge. Partners are included in some Breastfeeding USA activities.

To contact the Breastfeeding USA chapter nearest you and learn about the services available in your area, go online to **breastfeedingusa.org**.

Breastfeeding USA is a registered 501(c)(3) nonprofit organization (EIN 27-3310090) and a member of the US Breastfeeding Committee.



breastfeedingusa.org



Breastfeeding USA

*Empowering you with
mother-to-mother support*



Breastfeeding USA is a nonprofit organization whose purpose is to provide evidence-based information and support to women and families through its national network of volunteer accredited Breastfeeding Counselors (BCs). Parents benefit greatly from the support and encouragement of other parents.

Breastfeeding USA Counselors have the freedom to choose among many ways of helping and supporting mothers. Based on what seems to be the best fit for their community, they may offer breastfeeding drop-in centers, breastfeeding cafes, classes, regular meetings, online or phone help, home visits, and more.

To qualify to become a Breastfeeding USA Counselor, you must have breastfed a baby for at least one year. The accreditation process includes instruction in best breastfeeding practices and counseling skills through a unique, centralized, online educational program. This standardized instruction ensures that all Breastfeeding USA Counselors receive the same high-quality preparation, so they can provide consistent, effective, and empathetic breastfeeding help that respects individual differences.

Local and national advocacy is also part of the mission of Breastfeeding USA. We believe that removing the barriers to breastfeeding that still exist in hospitals, workplaces, and the larger culture is a critical aspect of supporting families.

Our slogan, "Empowering you with mother-to-mother support," means more than just providing the information mothers need to make breastfeeding more comfortable and to ensure a good milk supply. Sharing current evidence and discussing options leads to informed decision making, which we believe helps families feel more confident in their choices.



Breastfeeding USA is committed to operating in accordance with the best practices of nonprofit management. As Breastfeeding USA is a membership organization, its voting members, which include Breastfeeding Counselors and national volunteers, can attend Board meetings, nominate and vote for the Board of Directors, and have input into its organizational policies. Its Code of Ethics provides ethical standards intended to guide the actions and decisions of all those involved in Breastfeeding USA.

Breastfeeding is the biological norm, and we believe that the decision to breastfeed is not about lifestyle, but about the total physical and emotional health of mother and baby in the short and long term. We believe there's value in any amount of breastfeeding and human milk feeding, and we are glad to help everyone meet their personal lactation goals.



Kristy Garceau Photography