

What should an expectant mom ask a prospective pediatrician about breastfeeding?

Tips from Laurie Jones, MD, IBCLC:

- How long do you recommend a child be breastfed?
- Do you routinely supplement breastfed babies?
- Do you have an IBCLC in your office?
- Do you have a resource list for breastfeeding help if I need it?
- Is anyone on your staff specially trained to help breastfeeding mothers?
- Do you encourage mothers to nurse in your waiting room?
- Do you have handouts or other support materials for breastfeeding mothers?
- Do you encourage mothers to nurse if they desire while the baby has shots or other procedures?
- When do you recommend solids be introduced?
- When do you recommend a child be weaned from breast milk?
- Do many of your patients reach the recommended 12 month mark for breast feeding?
- Do you use the 2010 CDC growth charts based on breastfed infants?
- Do you offer formula bags to your breastfeeding patients?
- Does the office display formula brochures or formula bags in the front office area or exam rooms?
- How do you feel about extended nursing and child-led weaning?
- What resources do you use to check if a drug is safe in breast milk?