Breastfeeding Program

Breastfeeding is the optimal method of infant feeding for virtually all mothers. In keeping with the Health and Human Services Goals for the nation, 75% of infants should be breastfed at hospital discharge, and 50% breastfed at 6 months. Efforts to encourage and support breastfeeding among nutrition program participants to ensure the well-being of infants and toddlers is a priority effort.

A breastfeeding curriculum has been developed for use in FNEC programs that includes prenatal education to prepare women to breastfeed as well as supportive information to postpartum women who choose to breastfeed. Advice and strategies for avoiding pitfalls and problems in the first weeks after delivery is a priority.

All FNEC staff contribute to a supportive environment for women interested in breastfeeding. To that end, training is available for all FNEC program staff so that breastfeeding messages are consistent and reinforce program goals. For staff who will be providing nutrition education to prenatal or postpartum women, a more comprehensive training is available.

Program Impact
Breastfeeding has many and varied benefits. Breastfeeding is the first line of defense against obesity. Participation in this program gives women the confidence and provides support for this important healthy choice. “I wasn’t really sure how I’d feel about nursing in public, but understanding the law and practicing how to discretely breastfeed made all the difference when I experienced it in real life” (program graduate).

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