

Breastfeeding, Chestfeeding, and Lactation Friendly New York (BFFNY)



Onondaga County

Benefits of Human Milk & Chest/Breastfeeding

Human milk:

- Provides nutrients to help babies grow and develop
- Changes as the baby grows
- Is more easily digested and absorbed
- Lowers an infant's risk for developing infections and diseases
- Can help lower a lactating parent's risk of certain health conditions
- Saves money

What Is Chestfeeding?

The term is used to be more inclusive, recognizing that some people are not comfortable with the term breastfeeding (e.g., some transgender or nonbinary parents or some cisgender women with a history of past trauma) (HHS, CDC, 2023).

Barriers to Chest/Breastfeeding

60% of lactating parents stop breastfeeding sooner than they planned (CDC, 2023).

How long a parent chest/breastfeeds their baby is influenced by many factors, including:

- Issues with lactation and latching
- Concerns about infant nutrition and weight
- Parents' concerns about taking medications while chest/breastfeeding
- Lack of support in the workplace
- Cultural norms and lack of family support
- Unsupportive hospital and healthcare practices
- Lack of access to community supports (CDC, 2023)

BFFNY Community & Public Spaces Goal

Increase the number of community and public spaces that develop policies and implement practices supportive of breastfeeding, chestfeeding, and lactation.

Examples Of Spaces

Faith-based buildings/churches, K-12 Schools, Libraries, Zoos, Transportation Hubs, Family Service Agencies, Community Centers

Ready To Get Started?

The Onondaga County Health Department can help you become a lactation-friendly community and public space by:

- Assisting with chest/breastfeeding policy development
- Providing items to furnish the dedicated lactation space
- Providing technical assistance and resources

