

[Nutrition Home](#)

Breastfeeding

Breast milk is a great source of nutrition for your baby. If you are breastfeeding, or thinking about breastfeeding, explore the pages below to learn more.

- [Recommendations and Benefits](#)
- [What to Expect While Breastfeeding](#)
- [Newborn Breastfeeding Basics](#)
- [How Much and How Often to Breastfeed](#)
- [Pumping Breast Milk](#)
- [Travel Recommendations for Nursing Families](#)
- [Breastfeeding and Returning to Your Workplace](#)
- [Weaning](#)
- [Relactation Support](#)

Last Reviewed: March 7, 2023

