



Join us in celebrating National Breastfeeding Month

Kaiser Permanente is committed to supporting
healthy moms and babies

“I struggled with my first baby latching on correctly initially and was in pain for the first few days of breastfeeding him. I would never have continued to breastfeed, had it not been for the support I received from the Kaiser lactation consultants and specifically Tammy and Denise.” – KP SCAL Mom



Useful Resources and Videos

- The benefits of breastfeeding - <https://healthy.kaiserpermanente.org/health-wellness/maternity/baby-101/breastfeeding>
- Breastfeeding and COVID-19 - <https://kp.qumucloud.com/view/Can-I-breastfeed-if-I-have-COVID-19-6#/>
- Protecting your newborn from COVID-19 - <https://kp.qumucloud.com/view/How-can-I-protect-my-newborn-from-COVID-19-8>