

# FREE SUPPORT FOR YOU AND YOUR FAMILY



## THE MATERNAL INFANT HEALTH PROGRAM (MIHP) PROVIDES FREE SUPPORT DURING YOUR BREASTFEEDING JOURNEY.

### WHAT IS THE MATERNAL INFANT HEALTH PROGRAM (MIHP)?



**MIHP is an evidence-based home visiting program for pregnant people, infants and their families.** MIHP providers partner with families who are eligible for Medicaid, offering education and resource support during pregnancy and infancy. Get support from a nurse, social worker and other professionals providing services catered to your family.

### WHAT DO WE DO?

MIHP professionals tailor care **to each family's needs**, which includes:

- Coordination with medical providers and Medicaid.
- Education and referrals to community resources.
- Home, office and telehealth visits.

### HOW DOES MIHP HELP WITH BREASTFEEDING?

- Connect families with an International Board-Certified Lactation Consultant (IBCLC) free of charge.
- Discuss breastfeeding practices before and after birth.
- Offer referrals to services within your community such as breastfeeding classes.

### LEARN MORE

Visit [www.Michigan.gov/MIHP](http://www.Michigan.gov/MIHP) or scan the QR code:



# BREASTFEEDING KEY POINTS

- Breastfeeding provides health benefits to both the breastfeeding person and the baby. It can help protect against certain illnesses and diseases.
- Breastfeeding reduces the risk of Sudden Infant Death Syndrome (SIDS) and sleep-related infant death.
- Breastfeeding also lowers risk of diabetes, certain types of breast cancer and ovarian cancer.
- As babies grow, breast milk changes to meet your baby's nutritional needs.



- Exclusive breastfeeding (baby gets only breast milk) is recommended for 6 months. After this, breastfeeding should continue along with age-appropriate foods for up to 2 years of age or longer.
- Any amount of breastfeeding is good for your baby's health and development.
- Follow your baby's lead. Every baby feeds differently and that is ok.

- Keep your baby close to you. Do skin-to-skin contact when possible but be sure you only do it when you are awake, or when someone is nearby to help make sure you don't fall asleep.
- Avoid using pacifiers or bottles for the first few weeks, unless for a medical reason, to help your baby get adjusted to breastfeeding.
- Breastfeeding takes practice and patience. For some people, learning to breastfeed can be frustrating but others have no problem at all!
- There are many in-person and online supports for breastfeeding people.
- If you have questions or concerns, please seek out expert support and information.

