

**Figure. Primary Care Interventions to Support Breastfeeding: Clinical Summary**

<b>Population</b>	<b>Pregnant women, new mothers, and their children</b>
<b>Recommendation</b>	<b>Provide interventions during pregnancy and after birth to support breastfeeding. Grade: B</b>

<b>Interventions</b>	<p>Primary care clinicians can support women before and after childbirth by providing interventions directly or by referral to help them make an informed choice about how to feed their infants and to be successful in their choice. Interventions include promoting the benefits of breastfeeding, providing practical advice and direct support on how to breastfeed, and providing psychological support.</p> <p>Interventions can be categorized as professional support, peer support, and formal education, although none of these categories are mutually exclusive, and interventions may be combined within and between categories. Interventions may also involve a woman's partner, other family members, and friends.</p>
<b>Implementation</b>	Not all women choose to or are able to breastfeed. Clinicians should, as with any preventive service, respect the autonomy of women and their families to make decisions that fit their specific situation, values, and preferences.
<b>Balance of Benefits and Harms</b>	The USPSTF concludes with moderate certainty that interventions to support breastfeeding have a moderate net benefit.

For a summary of the evidence systematically reviewed in making this recommendation, the full recommendation statement, and supporting documents, please go to [www.uspreventiveservicestaskforce.org](http://www.uspreventiveservicestaskforce.org).