

Pointers For Parents

Ask The R.N.

by Barbara Dehn, R.N., MS, NP

(NAPSA)—Moms returning to work after having a baby face a myriad of decisions on raising their child. Experts say when it comes to nutritional needs, moms can feel good about the feeding choices available today.

Q: Between returning to work and a decreased milk supply, I'm not always able to breast-feed my baby. Will he be OK?



Working moms find baby formula a nutritious alternative.

A: Not every woman is able to breast-feed her baby exclusively for the six to 12 months that is recommended.

There are many reasons why a mom may decide that it's best to use infant formula for some or all of her baby's feedings, including returning to work, having a premature baby who is unable to latch on or decreased milk supply, to name just a few. All formulas have the necessary nutrients for proper growth and development. Talk to your pediatrician about what's best for your baby and trust yourself.

To see stories from other working moms and share your own experiences, visit www.momsfeedingfreedom.com.

• *Ms. Dehn is the author of "Your Personal Guide To Breastfeeding."*