



Breastfeeding After Cesarean

Published: January 2014

Studies show that breastfeeding rates are lower in cesarean moms, as many factors can combine to discourage cesarean moms from breastfeeding. This FAQ examines these factors, analyzes the research, and summarizes ideas that may help women to preserve breastfeeding relationships with their children despite the challenges that a cesarean could present. In addition to the FAQs, one will find numerous stories from cesarean moms about their personal breastfeeding experiences.

Follow [this link](#) to a FAQ written by "Kmom", a research enthusiast and freelance writer who has studied obesity and pregnancy extensively in both lay and medical literature, as well as in alternative childbirth education sources.