

start breastfeeding with small goals

Make your plan to breastfeed.

Break your plan into small steps.
Breastfeed one day or week at a time until you reach your goal.

Find out who you can call for breastfeeding help.
Talk to your doctor or WIC Program.





© **Nutrition Matters, Inc.** All Rights Reserved.

This tipsheet can be reproduced for educational purposes.



start breastfeeding with small goals

Make your plan to breastfeed.

Break your plan into small steps. Breastfeed one day or week at a time until you reach your goal.

Find out who you can call for breastfeeding help.
Talk to your doctor or WIC Program.





© **Nutrition Matters, Inc.** All Rights Reserved. This tipsheet can be reproduced for educational purposes.