#### **Breastfeeding Tip**

**Breastfeeding Tip** 

# talk to your family about your **breastfeeding goals**

Let them know why it is important to you and your baby.

### Ask for their support and respect for your goals.

Partners, family members and friends can play a big role in helping to defend your decisions when others challenge your goals.

#### - Build your breastfeeding team! -





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

## talk to your family about your **breastfeeding goals**

Let them know why it is important to you and your baby.

## Ask for their support and respect for your goals.

Partners, family members and friends can play a big role in helping to defend your decisions when others challenge your goals.

#### - Build your breastfeeding team! -





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