

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! —



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Consejo de lactancia

ihabla con tu familia sobre tus objetivos para amamantar!

Hazles saber por qué es importante para ti y para el bebé.

Pídeles que te apoyen y respeten tus objetivos.

Tu pareja, los familiares y los amigos y amigas pueden desempeñar un papel importante a la hora de defender tus decisiones cuando otros cuestionen tus objetivos para amamantar.

— Crea un equipo para amamantar —



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