

make a pumping plan to help you:

- set up a routine and fit pumping into your typical day
- boost or maintain your milk supply when you are not feeding at the breast
- help you feel more prepared to go back to work or school
- store milk to be fed to your baby in a bottle

Talk to WIC or a lactation consultant to learn more!



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Breastfeeding Tip



*Pumping is a great way to
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