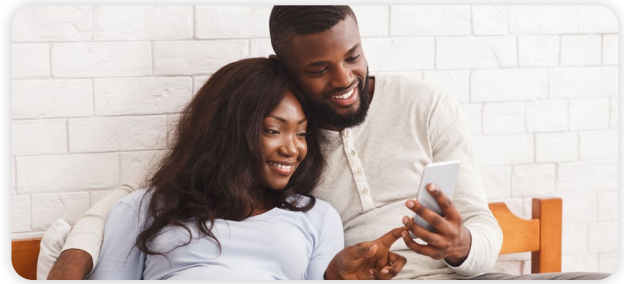


Who can I ask for more information about breastfeeding?



Ask your health care provider or WIC to help you find these ways to learn more!

- WIC breastfeeding peer counselor
- breastfeeding class
- breastfeeding support group
- books



Use good websites to get good information:

- healthychildren.org
- wicbreastfeeding.fns.usda.gov
- womenshealth.gov/breastfeeding



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