

Breastfeeding Tip

*Breastfeeding is an important job,
and a gift that lasts a lifetime!*

Tips for Success

- Talk to your partner, family and friends about your plan.
- Hold your baby skin-to-skin.
- Breastfeed in the first hour after birth.
- Get a good latch.
- Make more milk by breastfeeding more often.
- Ask for help and get some rest.

The WIC program can help!
Find out if you qualify for WIC:
www.fns.usda.gov/wic



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