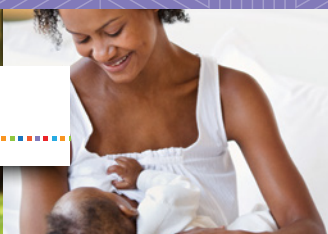
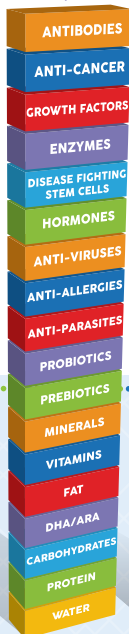


## THINKING ABOUT BREASTFEEDING?



BREASTMILK



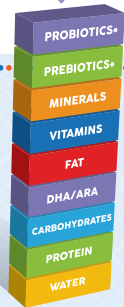
Breastfeeding is important for your baby and for you!

Your breastmilk will promote healthy growth and development for your baby and will reduce his chances of getting sick. As your baby grows your milk will change to meet his needs.

The flavor of your breastmilk will change with the foods you eat. Your baby may be more accepting of new tastes when he starts solid foods.

FORMULA

*\*Not in all formulas*



You may be surprised to know that breastfeeding can reduce the chances that mom will get heart disease, diabetes, and some cancers. Exclusive breastfeeding may help with child spacing.

## TRUST YOUR BODY

You are growing a baby! Your body will continue to nourish your baby after birth!

You may notice changes to your breasts during pregnancy. Your body is preparing to make milk to feed your baby as soon as he is born. Plan to provide only your milk for your baby.

You will be able to watch your baby's cues to know when he needs to eat. Your WIC team will help you learn to identify signs that your baby is getting enough milk.

## CREATE YOUR SUPPORT SYSTEM

- Identify family and friends who will support your breastfeeding goals. You are welcome to invite them to your WIC appointments.
- Choose health care providers for you and your baby that are knowledgeable about breastfeeding.



## PLAN AHEAD

- Plan to limit visitors at the hospital to give you and your baby precious uninterrupted time to get to know each other.
- Talk to your employer or school about your plans for breastfeeding.
- Ask WIC for tips on how other moms have continued to breastfeed when returning to work or school.
- If you will be returning to work or school, ask about getting a pump through insurance. Plan to focus on breastfeeding in the early days and weeks. Your baby will be better at removing milk than a pump.
- Talk with your doctor or health care provider about family planning options that will not interfere with breastfeeding.

## PREPARE YOUR SPACE

- Set up baby's sleeping space near yours.
- Select books and toys for older children to use only during baby's feedings. These items will help keep them busy and make this time feel special.
- You do not need a perfect diet to breastfeed, but many new moms get hungry and thirsty. Preparing a stash of healthy snacks will help you be ready for those times.

### To learn more:

Download [Your Guide to Breastfeeding](#) ➤

### Learn more about these topics by clicking the links:

[Collective](#) ➤

[Breastfeeding Basics](#) ➤

[Talk to your family](#) ➤

