

Breastfeed

Give the Gift of a Lifetime to Your Baby



The gift

A gift for mom and baby of:

- Feeling safe and loved
- Fewer doctor visits for illness and allergies
- Doing better in school
- A better chance for a healthy adult weight
- A lower risk of cancer and diabetes
- More WIC foods for you and your baby when exclusively breastfeeding

The first 30 days

The first 30 days of breastfeeding are the most important because this is the time when:

- You and your baby get to know each other
- Your baby gets off to a good start
- Your body learns to make enough milk
- Your baby learns to nurse well

For help

For help with giving this gift to your baby, ask:

- WIC Nutrition Staff
- WIC Peer Counselors
- A WIC Breastfeeding Coordinator
- Your baby's doctor
- Friends and family who support breastfeeding
- La Leche League

Breastfeeding... Love to grow on!



New Hampshire Department of Health & Human Services
Division of Public Health Services
WIC Nutrition Program
www.dhhs.nh.gov
1-800-WIC-4321