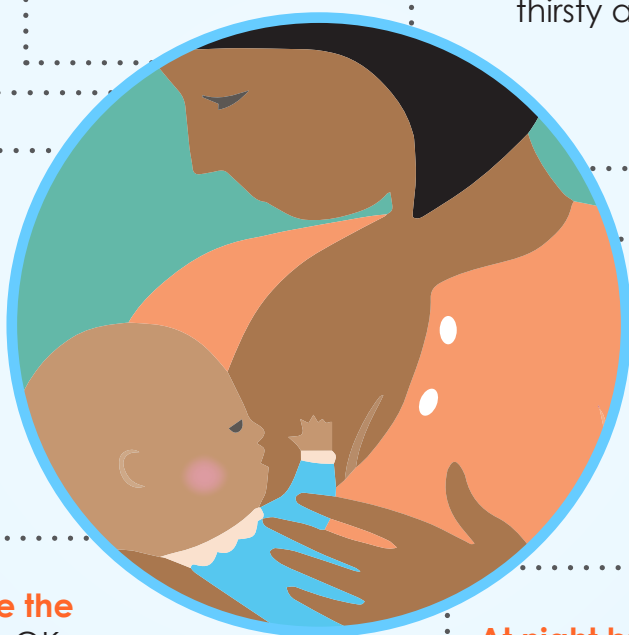


10 WAYS

TO SUPPORT BREASTFEEDING MOMS

Breastfeeding is best for both baby and mom. Everyone in the family can help—dad, grandparents, aunts and uncles. Even older children can do their part.



1 
Learn more about breastfeeding before the baby is born.

2
Support her choice to breastfeed. Tell her you are proud of her.

3 
Bring her water or juice and a snack—breastfeeding can make her feel thirsty and hungry.

4 
Help with the household chores.

10 
If she is having trouble with breastfeeding, **remind her to call her Healthy Start worker for help** and support.


Help with baby care like changing diapers or giving a bath.

5
Play or read with the other children while she is breastfeeding.

9
Be supportive when she breastfeeds outside the home. Let her know it's OK and help her to feel comfortable about it.

7
At night bring the baby to mom for feeding, and bring the baby back to its crib when finished.

8
Older brothers and sisters can bring mom things, like a pillow or blanket.

6

Important Phone Numbers

Healthy Start program:

Doctor or Health Center:

WIC program:



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