

# Breastfeed

Give the Gift of a Lifetime to Your Baby



## The gift

The gift 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

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

**Breastfeeding...it's what we do!**  
New York State Women Infants & Children Program



[breastfeedingpartners.org](http://breastfeedingpartners.org)

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New York State Department of Health