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

This institution is an equal opportunity provider.