

You've Decided to Breastfeed. Stick with It!

Your breast milk is all your baby needs for the first six months.



Many women start out breastfeeding their babies, but some get discouraged and stop after only a few days or weeks.

That's too bad, because breast milk is the only food or drink your baby needs to grow and be healthy. Breastfed babies are less likely to get sick than babies fed formula.

Breastfeeding may take a little practice, but you will be an expert in no time.

Breastfeeding – Simply the Best

To get help with breastfeeding, talk to your health care provider or call 311. You can also call the National Breastfeeding Helpline, at 1-800-994-9662.