

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

Learn more about breastfeeding before the baby is born. Support her choice to breastfeed. Tell her you are proud of her.



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



Help with the household chores.

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

Be supportive when she breastfeeds outside the home. Let her know it's OK and help her to feel comfortable about it. Help with baby care like changing diapers or giving a bath.

Play or

read

vrina





This project is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) under grant number UF5MC26845 for \$2,413,432. This information or content and conclusions are those of the author and should not be construed as the official position or policy of, nor should any endorsements be inferred by HRSA, HHS or the U.S. Government.