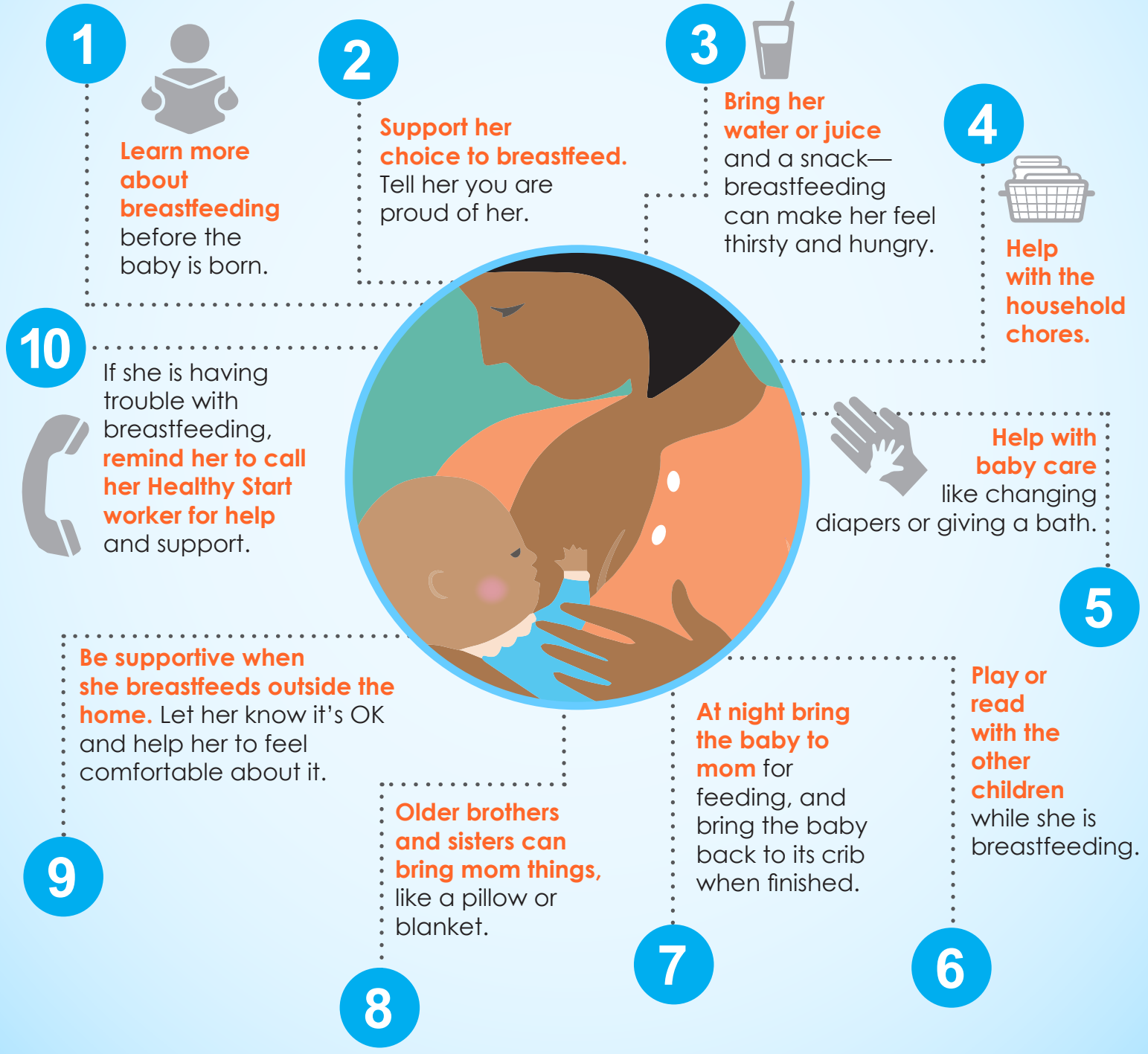


10 WAYS

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.



Important Phone Numbers

Healthy Start program:

Doctor or Health Center:

WIC program:



Developed by JSI for the Healthy Start EPIC Center

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