



# Your breasts don't come with instructions.

*I planned to breastfeed my daughter, but in the beginning, I wondered if I had enough milk. She seemed fussy when I fed her. So, I called the WIC office when she was just 5 days old. I found out that women who've had c-sections, like me, sometimes get off to a slow start, but nearly all moms are able to make enough milk.*

*With some good help, I was able to get my body to do what it's designed to do. And my baby's growing big and strong—all from my body!*

## Breastfeeding help is just a phone call away:

Massachusetts WIC: (800) WIC-1007 ([mass.gov/wic](http://mass.gov/wic))

La Leche League: (847) 519-7730 ([LLL.org](http://LLL.org))

[www.Zipmilk.org](http://www.Zipmilk.org): find qualified help and support near your Zip Code

Office on Women's Health: (800) 994- 9662 ([4woman.gov/breastfeeding](http://4woman.gov/breastfeeding))

Nursing Mother's Council: (617) 244-5102

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Massachusetts  
Breastfeeding  
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[www.massbfc.org](http://www.massbfc.org) | [zipmilk.org](http://zipmilk.org)