

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:

La Leche League: (847) 519-7730 (LLL.org)

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

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Massachusetts
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