



# Your breasts don't come with instructions.

*When my baby turned 2 weeks old, suddenly he was always hungry. I thought my milk was drying up, so I called the pediatrician's office right away. They told me that it was just a temporary growth spurt, and that all that feeding would help my body make even more milk. Turns out, nearly all moms make enough milk. My son's growing big so quick now!*

## **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 ([LLL1.org](http://LLL1.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  
Coalition

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