



LEARN, START, OVERCOME, AND THRIVE: Your Breastfeeding Journey

Breastfeeding is a journey, with ups and downs and feelings of frustration and accomplishment. Your experience will be unique to you and your baby. WIC is here to help every step of the way, no matter what stage of the breastfeeding journey you're in.

LEARN

Prepare to breastfeed.

- Learn about the benefits.
- Talk with your local WIC clinic about their breastfeeding support services.
- Attend classes and events at your WIC clinic to learn what to expect when you breastfeed.
- Develop a breastfeeding plan and set goals.
- Tell your family, friends, and employer about your desire to breastfeed and help them understand how they can support you.
- Take a tour of your hospital or birthing center and let them know you want to breastfeed.
- Learn about breastfeeding laws.



U.S. DEPARTMENT OF AGRICULTURE

**WIC
BREASTFEEDING
SUPPORT**

LEARN TOGETHER. GROW TOGETHER.

