Give breastfeeding moms your encouragement.

Try these encouraging words for breastfeeding moms:
• “We’ll take it a day at a time.”
• “I’m here to help... it gets easier together.”
• “You’re doing the best you can for our baby.”

For more tips and support, visit WICBreastfeeding.fns.usda.gov

The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) is a program of the USDA, Food and Nutrition Service.