



United States
Department of
Agriculture

DADS! HELPING MOM BREASTFEED MEANS HELPING BABY, TOO.



WIC
BREASTFEEDING
SUPPORT

LEARN TOGETHER. GROW TOGETHER.

ICULTURE

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

- Burp, bathe, and change your baby's diapers.
- Play with your baby, sing songs, and read books.
- Cuddle and do skin-to-skin.

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

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