



# DADS! HELPING MOM BREASTFEED MEANS HELPING BABY, TOO.



ICULTURE



**WIC  
BREASTFEEDING  
SUPPORT**

*LEARN TOGETHER. GROW TOGETHER.*

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](http://WICBreastfeeding.fns.usda.gov)