Dads! Helping mom breastfeed means helping baby, too.

• 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

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