



United States
Department of
Agriculture

GIVE BREASTFEEDING MOMS YOUR ENCOURAGEMENT.



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**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.

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](https://www.fns.usda.gov/wic/breastfeeding)

FNS-739

August 2018

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