

Your Baby. Your Gift.

Breastmilk. 100% natural ingredients.

Give your baby a great start! Breastfeeding is good for both of you.

- Get back in shape faster.
- Improve your baby's health.
- Bond with your baby.
- Save money.

The all-natural ingredients in breastmilk are good for your new baby.

- It's the best food for your baby's growth and development.
- It's all your baby needs for the first six months.
- It reduces chances of infection.
- It helps to keep your baby healthy, and lower chances for obesity, diabetes and other diseases.

Raising a healthy baby is the most important thing in your life right now. Use all of your resources.

A healthy baby is a happy baby.

What kind of help is available if I have problems or questions about breastfeeding?

- Check to see if a lactation consultant is available at your local WIC clinic or ask your doctor to refer you to one.
- WIC staff are available to help; call the office nearest you.
- Ask your healthcare provider about the benefits of breastfeeding.
- Peer Counselors may be available at your WIC clinic to provide breastfeeding support.

"I have to go back to work soon after I have the baby."

A lot of mothers go back to work a couple of weeks after delivering or sooner. Start planning your breastfeeding strategy once you decide to breastfeed:

- Find a babysitter or daycare near your job.
- Start talking to relatives, your babysitter and/or daycare about your plans to breastfeed.
- Talk to friends, relatives or coworkers who have breastfed to learn all you can before your baby is born.
- Talk to your baby's father about your plans to breastfeed, so he understands how he can help.
- Talk to your local WIC clinic about your need for a breast pump prior to returning to work.

Breastfeeding has many health-related benefits to help you feel better sooner.

- It helps shrink your uterus to its pre-pregnancy size.
- It helps prevent excessive bleeding.
- It helps you lose weight quicker.
- Breastfeeding is one way to bond with your baby.
- Breastfeeding releases hormones that help you relax.

How does breastfeeding help save money?

- You won't have to purchase expensive formula.
- It reduces sick days for working moms.
- It can result in lower medical bills.



Find people who will support you.

When the people around you support your choice to breastfeed, it can make breastfeeding easier.

WIC - Can answer breastfeeding questions and provide you with a breast pump if you are returning to work.

Your Employer - If you plan to breastfeed, you will need a private place to pump or express your breastmilk.

Your Partner - Can help with the chores, bring the baby to you for feedings, protect you and the baby from noise and stress, and care for other children.

Your Relatives - Can help with chores, cook, babysit once you go back to work, and be understanding of you and the baby's need for quiet time.

Your Babysitter - Will need to understand your routine, know when to feed the baby, and be flexible with you so you can come by as needed to breastfeed your baby.

Do you have questions about breastfeeding?



Please call your local WIC clinic or **1-888-655-2942**.

We would like to visit with you to help answer any questions or concerns you may have about breastfeeding. WIC wants you and your baby to be as healthy as can be.

The Oklahoma Breastfeeding Hotline
(24 hours a day, 7 days a week)
Call: 1-877-271-MILK (6455)
Text: OK2BF to 61222

For more breastfeeding information visit the Oklahoma State Department of Health Breastfeeding Information and Support website at oklahoma.gov/health/breastfeeding

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