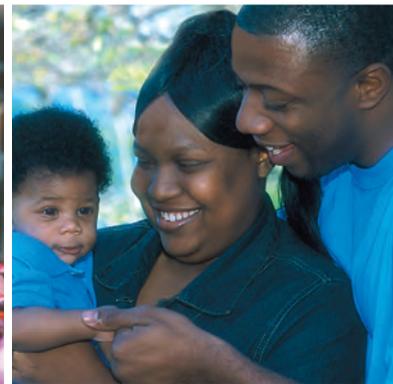
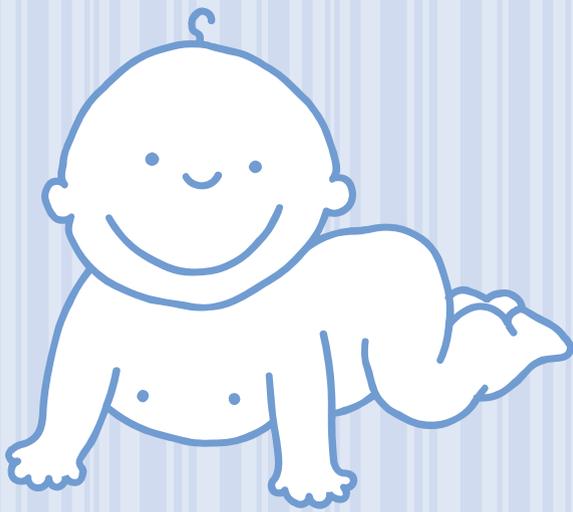


EMBARRASSMENT

DON'T SHY AWAY FROM BREASTFEEDING



Remember the rewards
for baby and you.

Breast milk helps your baby's brain grow and is easier to digest, causing fewer upset stomachs. Research shows babies stay healthier, with fewer allergies and tooth decay. Breastfeeding burns calories and can help you lose weight. Most important, breastfeeding is a special time, which mom, baby and everyone can share. There is nothing embarrassing about that.

Loving  support
makes breastfeeding work

For information, call WIC

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