

Talking To Family, Friends, & Employers About Breastfeeding



Conversation Starters...

I was thinking about breastfeeding...

Friends and family members:

-  *Was I breastfed?*
-  *What was your experience?*
-  *What have you heard about breastfeeding?*
-  *Did you know the more milk the baby takes from you, the more your body makes?*
-  *Did you know that human milk has more of the good things babies need than formula has? (Show back side)*
-  *What are your concerns if I breastfeed?*
-  *How do you feel about seeing women breastfeed?*
-  *Would you be interested in helping me breastfeed successfully? I can sure use your support!*

Employers: (begin the discussion during pregnancy)

-  *Does our company have a lactation support program?*
-  *Is there a private area where I can comfortably and safely express milk.*
-  *I promise I will accomplish my work tasks and be productive with this added activity to express milk.*
-  *I am anticipating that by giving my milk to my baby I will miss less work since breastfed babies are sick less often.*
-  *Since my baby is still young, I will need to pump about every 3 hours. I know that seems frequent. I can be efficient and pump in 20 minutes or less if the space is near me.*
-  *I really appreciate the efforts you have made to support my ability to breastfeed.*



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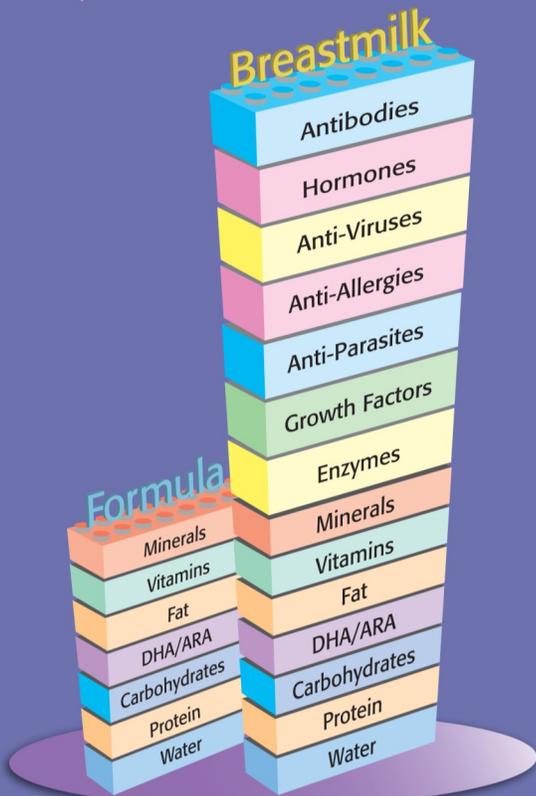
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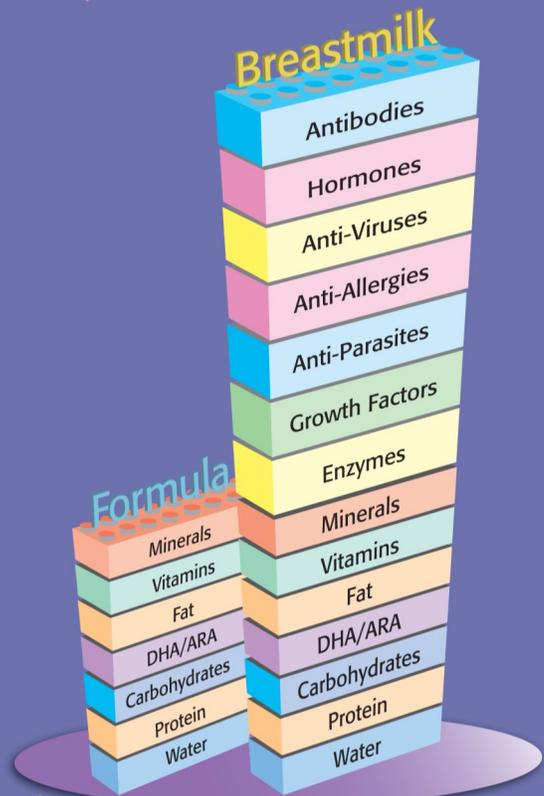


Breastmilk Has **More**
of the Good Things Babies Need



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WIC is a federal program that provides supplemental nutrition assistance to low-income pregnant women, new mothers, and children under the age of five.

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