

Keep Breastfeeding Simple



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Congratulations on your pregnancy! WIC wants you and your baby to be as healthy as you can be. This lesson plan covers materials that will give you the knowledge and the confidence you need to breastfeed. Invite your partner, your mother and any other family members or friends who will be helping you after you have your baby, to review the materials and this lesson with you.

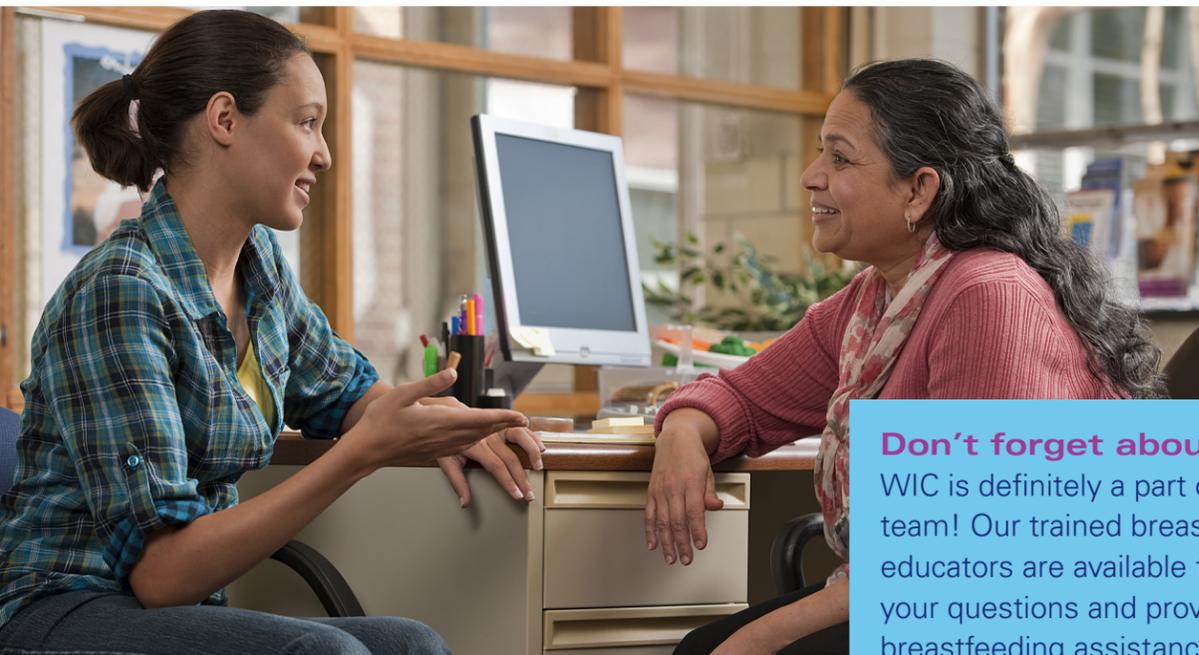


WIC promotes breastfeeding because of the many health benefits for babies and mothers. WIC offers the following to breastfeeding moms:

- A larger food package
- WIC qualification for up to a year
- Breast pumps and breastfeeding supplies, as needed
- Breastfeeding consultations with WIC Peer Counselors, WIC moms who are trained to help other WIC moms, where available



Breastfeeding your baby is a very rewarding and fulfilling experience and will build your self-confidence as a mother. It may take a few weeks for you and your baby to learn to breastfeed. That's why it is important to identify your most supportive family and friends who can help you with other things around the house, while you are recovering from childbirth and learning to breastfeed.



Don't forget about WIC! WIC is definitely a part of your support team! Our trained breastfeeding educators are available to answer your questions and provide you with breastfeeding assistance if you need it.



Inside the Prenatal Breastfeeding Education Bag is the book, *Breastfeeding, Keep It Simple* by Amy Spangler. You will find answers to the breastfeeding questions that parents and families have most often. Also in the bag, are handouts to share with those close to you that discuss ways to support you and baby while breastfeeding. There is a bookmark that provides information for breastmilkcounts.com that has many different resources about what to expect with your new baby.

Review each of these items and answer the following questions from the *Breastfeeding, Keep It Simple* book:

1. List 2 reasons why you should breastfeed:

2. True or False: You will not be able to breastfeed if you have small breasts.

3. How do you know if your baby is getting enough milk?

4. True or False: Breastfed babies typically nurse 8-12 times in 24 hours.

5. Who will be your support system while you are breastfeeding?
