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Where to get breastfeeding support and education

1. Local Women, Infant and Children (WIC) office
2. Hospitals
3. Doctor offices
4. Private IBCLC practice
5. Local breastfeeding support groups
6. Family and friends who breastfed

Breast Is Best Organization.

About Us

Our goal is to help mothers have successful breastfeeding experience.

Contact Us

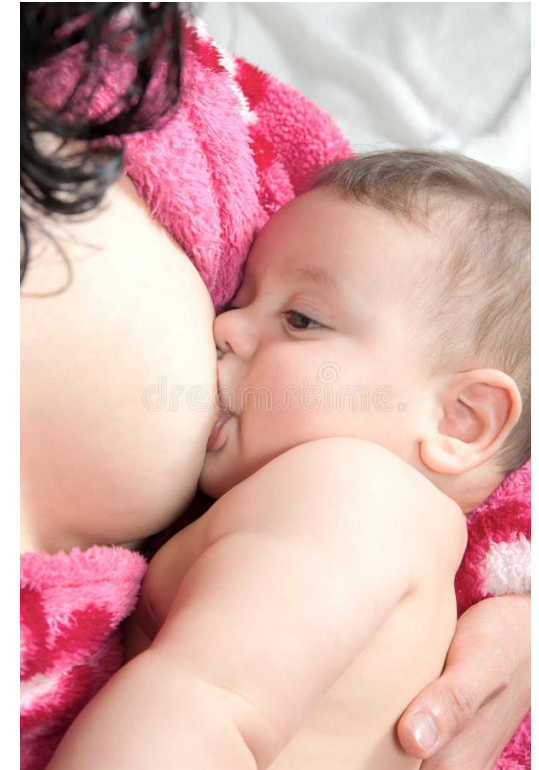
Phone: [678 622 1301]

Email:

[Breastfeedinghelp@gmail.com]

Web: [Breastisbest.org]

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**BREAST
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BREAST IS BEST



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Choose to give your baby a healthy start. Choose to breastfeed!

- Be confident and know that every woman is able to make milk for her baby. ¹
- Know that breastfeeding is healthier, easier and convenient. ²
- Talk to your doctor about your choice to breastfeed your baby. ³

There are many benefits of breastfeeding for both mom and baby. Breast milk provides all the necessary nutrients, growth factors and immunological components a healthy term infant needs. ⁴

Your doctor, nurses and the WIC clinic are great recourses for your questions about breastfeeding.

Breastfed babies have... ⁶

- Higher IQ scores
- Less Asthma
- Less skin and food allergies
- Less chance of becoming obese
- Decreased risk of diabetes and blood pressure in adulthood



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Inform your partner and family members about your choice to breastfeed and ask them to support you with chores around the house. ⁵

Benefits of breastfeeding for mothers ⁶

- Reduce mother's bleeding after delivery
- Restore uterus to previous size
- Facilitate positive metabolic changes
- Faster postpartum weight loss
- Reduce stress
- Delay ovulation or pregnancy