Feeding Decisions

You know "breast is best" - but you may be wondering:

- Will I produce enough milk for my baby?
- How will I feed my baby when I'm out in public?
- How will I return to work or school or attend appointments?

Here are some ideas:

Breastfeed often to make the milk your baby needs.

Wear an oversized blouse, or cover up with a receiving blanket for privacy when you are out in public.

Pump your milk and leave it with your baby's caretaker when you are at work or at school.

What will happen if I give my baby formula?

- Using formula will decrease your milk supply and can make breastfeeding difficult.
- Babies who receive formula get more ear infections and diarrhea.
- Babies who receive formula are more likely to get serious infections, diabetes, and certain cancers when they are older.

Babies who receive only breast milk grow to be the healthiest and smartest they can be.

The WIC Program is an equal opportunity provider and employer.