

NATIONAL BREASTFEEDING MONTH



HOW CAN YOU SUPPORT YOUR BREASTFEEDING GRANDCHILD?

- Support the parent's choice to breastfeed
- Learn the basics of breastfeeding
- Help with chores around the home
- Encourage mom to seek help when needed






WIC is there for you at every step.

#NATIONALBREASTFEEDINGMONTH #INTOEVERYDROP

WWW.MICHIGAN.GOV/MDHHS/ASSISTANCE-PROGRAMS/WIC/BREASTFEEDING

NATIONAL BREASTFEEDING MONTH

GRASSROOT ORGANIZATIONS *are partners in breastfeeding support*

-  Referral resource for breastfeeding families
-  Advocacy partners for parents
-  Community leaders



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HOW DO WIC PEER COUNSELORS SUPPORT HEALTHCARE PROVIDERS?

- Provide clients with prenatal breastfeeding education
- Provide solutions to breastfeeding concerns
- Provide breast pump education
- Support breastfeeding NICU families



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HOW CAN DAD/PARTNER SUPPORT BREASTFEEDING?

- Allowing parent to rest between feedings
- Helping with chores around the house
- Supporting with care for siblings
- Bringing mom snacks while nursing
- Listening to partner's concerns



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BENEFITS OF ATTENDING A BREASTFEEDING GROUP

Partnering in your breastfeeding journey.



- 💧 Bond with people who understand
- 💧 Get encouragement to continue breastfeeding
- 💧 Be empowered to ask breastfeeding questions
- 💧 Be more likely to reach breastfeeding goals



JOIN A WIC BREASTFEEDING SUPPORT GROUP

CONNECT WITH YOUR WIC PEER COUNSELOR TO FIND OUT MORE INFORMATION.

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SERVICES WIC PEER COUNSELORS PROVIDE



- Assistance with latching
- Breast pump education
- Milk supply support
- Tips for returning to work



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HOW DO DOULAS SUPPORT BREASTFEEDING?

- Provide evidence based information on breastfeeding
- Give emotional support & encouragement
- Assist with basic breastfeeding issues
- Refer moms to breastfeeding resources



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