

Breastfeeding Takes All of Us



Use this interactive resource to help reinforce the important role that family and friends play in supporting breastfeeding moms.

The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) staff can click through the pages with parents, grandparents, and others discussing when and how to offer helpful support so that mom and baby continue to thrive.

To Use

Simply read the instructions, discuss, and then click on the icons to inspire learning conversations. WIC staff can support breastfeeding moms by providing reassurance. Find tips WIC staff can give moms on a number of topics in the [WIC Breastfeeding Check-In tool](#).


[Click Here to Get Started](#)

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Click on the icons below to learn more about how dads can provide support. Breastfeeding families thrive when supported by their loved ones.

 **Skin-to-skin contact when cuddling.**

 **Help take care of the baby - soothe, bathe, change, dress, and cuddle.**

 **Learn the breastfeeding basics. The more you know about breastfeeding, the more you can support your partner.**



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Click on the boxes below to learn more about how grandparents can provide support. Breastfeeding families thrive when supported by their loved ones.



Give mom praise. Tell her you're proud of her and that she's doing a great job.



Learn the breastfeeding basics to help prepare your daughter for breastfeeding and its ups and downs.



Ask if she needs anything. Let her know you're there to help out.

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The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) is a program of the USDA, Food and Nutrition Service.



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