How do you keep a family close?

Breast-feeding can be a wonderful way to help you enjoy a special closeness with your baby, and create a special bond that can help bring your entire family closer together. Breastfeeding also gives your baby the perfect food, and protects your baby against illness and allergies.

WIC clients just like you know that breastfeeding is the healthiest choice but many wonder how they will work it into their lives. The good news is that breast-feeding *can* work for you. In this video you will meet mothers just like you who:

- learned how to breastfeed comfortably and discreetly
- lead busy lives and still breastfeed
- gained the support of their families and friends

They have learned what you can, too — breastfeeding works — with a little *loving support*

Produced by:
WIC Program
Mississippi State Department of Health
P.O. Box 1700
Jackson, Mississippi 39215

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This video was funded at least in part by a grant from the U.S. Department of Agriculture Food and Nutrition Service, under Grant Number 59-3198-7-521. The contents do not necessarily reflect the view or policies of the U. S. Department of Agriculture, nor does mention of trade names, commercial products, or organizations imply endorsement by the U. S. Government.

August 1998, Reprint February 2000
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Breastfeeding: Another way of saying "I love you"

Running time 16 minutes

Mississippi WIC Program Presents:

Breastfeeding

Another way of saying "I love you"

loving support© makes breastfeeding work