



Clerical Affirmations to Support Breastfeeding

Help support breastfeeding mothers!

Here are a few affirmation statements you can use:

- ♥ "It looks like you are doing really well with breastfeeding!"
- ♥ "Breastfeeding is such a sweet way to express your love."
- ♥ "Your baby does best with just breastfeeding for the first six months; you can find out more from your WIC nutritionist.."
- ♥ "Dad, you must really be proud of her for breastfeeding so well!"
- ♥ "Have you talked to your WIC nutritionist about how you can continue breastfeeding while going back to work/school?"
- ♥ "Your baby looks very healthy and happy. He must really enjoy breastfeeding."
- ♥ "Have you talked with your Breastfeeding Peer Counselor?"
- ♥ "Did you know the new food packages support breastfeeding?"
 - Fully breastfeeding moms get the most food with cheese, canned fish, beans and peanut butter...PLUS a \$10 cash-value voucher for fruits and vegetables
 - Fully breastfeeding babies get baby food meats and larger amounts of baby fruits and vegetables



You can make a difference in families' lives.