

# Breastfeeding Support



My Local WIC Clinic

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My WIC Breastfeeding Counselor

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Local La Leche League Support Group

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Texas Lactation Support Hotline

For general breastfeeding help and information call 1-800-514-6667

National Women's Health Information Center Breastfeeding Helpline

1-800-994-9662

My other breastfeeding supporters include:

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*Because my loving support  
is more important than ever before ...*



*I pledge to support \_\_\_\_\_ in her efforts to breastfeed her baby by:*

- ♥ *praising her for her decision to breastfeed,*
- ♥ *saying only positive things about breastfeeding,*
- ♥ *encouraging her to get help if she is having difficulty,*
- ♥ *listening to her — not advising,*
- ♥ *trusting her to make the best decisions for her baby,*
- ♥ *reminding her what a great mom she is for giving her baby the best, and*
- ♥ *learning all that I can about breastfeeding.*

*Signed \_\_\_\_\_*

*I love her. I love her baby.*

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is more important than ever before ...*



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