

Peer Counselor I radio spot, 58 seconds

Motherhood is a beautiful thing, but it can be challenging too, especially at the beginning, learning how to take care of a baby.

I understand that because I've been there. You gotta learn on the job. And sometimes you don't know which choices to make.

For instance, you might wonder whether to feed your baby formula or whether to breastfeed. It may surprise you but for many reasons breastfeeding is the way to go.

It's good for your baby. It helps your little one grow healthy and strong. It keeps them safe from illness and it's even good for you too.

And if you need any advice, you know, you can talk to someone who's been there before. Someone like me.

Did you know free breastfeeding support is available for WIC participants? To talk to someone about breastfeeding call 1-800-942-3678. Brought to you by the Texas Department of State Health Services.
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