

Peer Counselor II radio spot, 58 seconds

I remember when I had my first child. I could barely keep my head on straight. So much to do, so much to keep track of. So many responsibilities when a little tiny baby's health and wellbeing depends on you. It's enough to wear you out.

Luckily I have people to turn to for advice and support. And so do you, though you may not even know it, because WIC provides free breastfeeding support for its participants.

And while we're talking about it, let me give you a little free advice. Turns out, breastfeeding is actually healthier for babies than formula. Lots of people don't know that. Because it makes babies healthier, stronger, and even smarter.

After all, it's what nature intended.

To talk to someone about breastfeeding, call 1-800-942-3678. Brought to you by the Texas Department of State Health Services. [music – fade out]