



Dear Participant,

Welcome to WIC! We are glad you are participating in our program. Whether you are a first-time mother or father, a foster parent, or have other children, we have classes and information that will benefit everyone.

If you are pregnant, you will soon be making decisions about how you will feed your baby. Whether you choose to breastfeed or use formula, we are here to support you. The American Academy of Pediatrics recommends exclusive breastfeeding for the first six months of your baby's life. Research has shown that offering breastmilk is important for you and your baby's health. WIC encourages you to breastfeed.

Mother's milk is the perfect food designed for YOUR baby. Breastmilk and formula are very different. Breastmilk provides all the nutrition your newborn needs to be healthy. Breastfeeding offers long-lasting health benefits for you and your baby that infant formula cannot provide.

Breastmilk is the ideal food for your baby. It protects against infection and certain diseases, is easy to digest, and is always clean and ready to feed. Babies who are breastfed have fewer allergies, ear infections, less diarrhea, less constipation, and less colic. It also helps create a special bond between mom and baby because breastfeeding releases a hormone called oxytocin, known as the "love hormone".

WIC wants to help you learn all about breastfeeding, so you can make an informed choice about how you will feed your baby. During your pregnancy, we will share information about infant feeding at your WIC appointments and classes. We look forward to helping you be the best parent you can be.

Your WIC Staff

This institution is an equal opportunity provider.

