

BREASTFEEDING AWARENESS MONTH

#BestMilk

NO MATTER HOW YOU DO IT...

- nursing
- pumping
- hand expressing
- breastfeeding
- chestfeeding
- body feeding
- on your own
- with support
- with the help of a donor
- for one day
- or one year
- or maybe longer



Especially when you make the choice that is

BEST FOR YOU AND YOUR BABY

nationalperinatal.org/feeding_our_babies