





August is National Breastfeeding Month
Morrisania WIC Activities and Breastfeeding Fact Sheet

Name _____
 Site _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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Have fun and join our contest!
Have someone on the Morrisania WIC breastfeeding team to initial your calendar each time you come to an event. The moms and babies who come to the most events will win a prize

	<p>The best way to feed your baby is to breastfeed.</p>	<p>1</p> 	<p>2</p> <p>Your milk protects your baby against common infant diseases.</p>	<p>3</p> <p>Breastfeed on the Subway Caravan</p>	<p>4</p> 
<p>5</p> <p>The best position is the position in which you and baby are comfortable.</p>	<p>6</p> <p>Adults who were breastfed as babies have lower risks of obesity and blood pressure.</p>	<p>7</p> <p>The 2nd best way to feed your baby is to give him/her your pumped milk in a cup or bottle</p>	<p>8</p> 	<p>9</p> <p>African Mothers' Breastfeeding Fashion Show</p>	<p>10</p> <p>Your body can produce enough milk for your baby no matter your bra cup size.</p> 
<p>12</p> 		<p>14</p> <p>It is recommended by the AAP to breastfeed exclusively for the first 6 months of your baby's life</p>	<p>15</p> <p>Breastfeed at Yankee Stadium</p>	<p>16</p> <p>The best position is the position in which you and baby are comfortable.</p>	<p>17</p> <p>Your breastfed baby can pick you out of a lineup based on smell alone.</p> 
<p>19</p> <p>Your breastmilk adapts to the changes and growth of your baby.</p>	<p>20</p> <p>Your breastmilk helps your baby's brain grow.</p>		<p>22</p> <p>The more your baby eats at the breast, the more milk you make</p>	<p>23</p> <p>At 3 & 6 weeks your baby has a growth spurt. Their appetite increases & they eat more often.</p>	<p>24</p> <p>The colostrum is the first milk that you produce after your baby is born.</p> 
	<p>27</p> <p>The 3rd best way to feed your baby is to request the services of a milk bank.</p>	<p>28</p> <p>Colostrum helps your baby past the first stool called meconium.</p>	<p>29</p> <p>Breastfeed at the Healthy Lifestyles Fair</p>	<p>30</p> 	