



## John's Story

I wasn't sure about breastfeeding when Lisa first talked about it. But it is great. Joe is growing really well.

Breastfeeding made it easy to get meals cooked. Sometimes I fix supper while Lisa feeds Joe. Other times I play with him while Lisa cooks. It helps Lisa when I play with Joe. And of course, I sure enjoy my special time with Joe.

Babies need a lot of holding. I tell Joe stories. By the faces he makes, you would think he knows every word I say.

We both get special time with our baby.



**What else can you do to help Mom with your new baby?**



## Your Life Is Easier



## When You Breastfeed

Angus S. King, Jr  
Governor



Kevin W. Concannon  
Commissioner

Developed by the Gail Lombardi, MS, RD, CLC  
Maine WIC Program, an Equal Opportunity Program  
1-800-437-9300 or TTY 287-8015



## Carol's Story

I know breastfeeding is best for my baby. BUT I chose to breast feed for me. Nursing Tony makes my life easier. It gives me more time for other things. Like reading to my two year old. Or washing the dishes.

Breastfeeding is easy.

- ◆ No bottles to wash
- ◆ Nothing to mix
- ◆ It's always ready
- ◆ It's never too hot or too cold

**What will you do with your extra time?**



## Jan's Story



Breastfeeding made it so easy to go shopping. All I carry are a couple of diapers and some wet wipes. I just throw them in my purse. I can feed Susie anywhere. And I never run out of milk!

My friend uses formula. When we shop together, she is always loaded down with bottles and ice packs. It takes her forever to get everything ready to go.

Breastfeeding is great on the go.

**Where do you want to go?**

