

Feeding your baby is **NORMAL**



Be kind to yourself and patient with your baby

Breastmilk is the best food for babies

- A mother and her baby **learn to breastfeed together.**
- It may **take time** for breastfeeding to become easy.
- Family, friends, care providers, and breastfeeding consultants and counselors **can help.**

Visit **PhillyLovesBreastfeeding.org**