



You Can Do It, WIC Can Help

Why is fully breastfeeding in the first month so important for establishing my milk supply?

The first several weeks of breastfeeding "sets" your milk supply. It's as if your baby is "placing his order" for the amount of milk he will need to grow. If you use formula in the early weeks, your milk supply may be "set" at a lower quantity than your baby needs.

HOW DOES FULLY BREASTFEEDING IN THE FIRST MONTH AFFECT MY WIC BENEFITS?

If you set your milk supply at a high volume, you will have an easier time maintaining your milk supply if you must return to work or school and start using a pump.

If you build a good milk supply in the first month, you can breastfeed any time you and your baby are together. Even if you can only breastfeed your baby in the evenings and on weekends, it will save you money in formula costs and you and your baby will still receive some breastfeeding health benefits.

If you fully or partially breastfeed, you are eligible to receive food benefits for a full year and will also receive more food for your baby. If you are partially breastfeeding or do not breastfeed, you will get less food for your baby and will not get any food for yourself after 6 months postpartum.



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