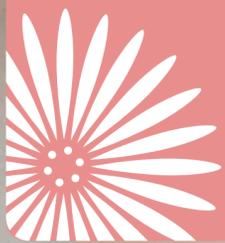




Using Loving Support To

GROW AND GLOW

in WIC



*Breastfeeding is a gift
that lasts a lifetime.*

Adapted from the United States Department of Agriculture, Food and Nutrition Service and Every Mother, Inc.
For persons with disabilities, this document is available on request in other formats.
To submit a request, please call 1-800-841-1410 (TDD/TTY 1-800-833-6388).
This institution is an equal opportunity provider. Washington State WIC Nutrition Program does not discriminate.



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GROW AND GLOW

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*Yes, you have
enough breastmilk.*

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Breastfeeding makes you feel good about yourself.

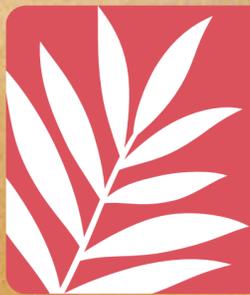
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*Breastmilk is the best food
you can give your baby.*

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DOH 960-321 March 2011



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Growing Healthy Babies Through Breastfeeding

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Using Loving Support To

GROW AND GLOW

in WIC



Glowing With Good Health Through Breastfeeding

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