



Picture 2




Picture 1



Picture 3

Build Your Breastfeeding Team

 **You Are Not Alone!** 

Y♥ur Breastfeeding Team

Your breastfeeding team will be there to support you and help you meet your breastfeeding goal.

Your breastfeeding team has 3 parts:



Your Champion



Family and Friends



Community Resources

We are on your team!



Call us ANYTIME for breastfeeding help!

- Enter your local program info here
- Names
- Program name
- Phone, emails, whatever works best for you
-



W.K.
KELLOGG
FOUNDATION®

A Partner With Communities Where Children Come First



Your Champion

Your champion is the person that will support you throughout your pregnancy, delivery and breastfeeding after baby is here.



Your champion is someone you *trust* to be with you through thick and thin:



Baby's father



Your mother, auntie or grandma



Your friend

**Your champion can be
anyone you choose!**



You can have more
than one champion.

Family and Friends

Turn to family and friends for help with:



Breastfeeding advice






Laundry, meals & baby care

Any and all support you need!

Community Resources

You have lots of help in the community too!

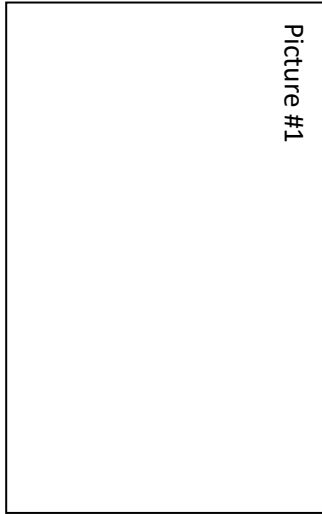
-  Your doctor and your baby's doctor
-  Family Foundations and WIC staff
-  Other professionals







Your Champion



Your champion is....

Your champion can be anyone you choose

You can have more than one...

Build Your Breastfeeding Team

You Are Not Alone

Your Breastfeeding Team

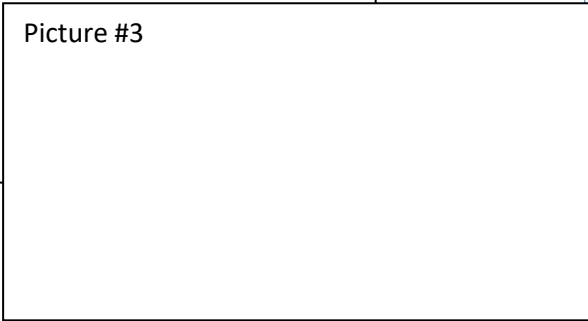
Your breastfeeding team is....

Your breastfeeding team has 3 parts....

Family and Friends

Picture #2

Turn to family and friends



Community Resources

Doctors
Family Foundations, WIC
Other professionals

Local Resources, contact info, etc.

We are on your team! Contact us ANYTIME for breastfeeding help!

Instructions: Set up bulletin board as shown on diagram. There are several smaller pictures of moms and babies that can be placed around bulletin board as fillers as needed.