

Questions about...?

- ? Diet:** Relax and eat well. If your diet is not the best, you will still make great breastmilk.
- ? Medicines:** Ask your doctor to be sure. Many medicines are safe to take while nursing.
- ? Smoking:** Try to quit. However, it is better to breastfeed than to bottlefeed if you smoke.
- ? Alcohol:** It is best not to drink, but one glass of wine or beer on special occasions is OK.
- ? HIV-positive, Active TB, Drug/Alcohol Abuse, Active Chemotherapy:** Do not breastfeed.

For answers... Call WIC!

Bonus:

Breastfeeding moms get more food and stay on WIC longer!



References

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Why Breastfeed Your Baby?

