

Let's talk about... **Breastfeeding**

Some of the things I have heard about breastfeeding are making me wonder. I have a lot of questions.

My friends, family members, and my own mother have all told me different things about breastfeeding.

I tried breastfeeding before, but it wasn't what I thought it was going to be.

These information sheets are meant to help you start talking about breastfeeding with your health care provider, and keep talking about breastfeeding all through your pregnancy.

At different appointments with your health care provider you can:

- Talk about one breastfeeding topic at a time
- Ask questions you may want to talk about
- Start thinking about the next breastfeeding topic
- Receive more resources to help you find the right support for you

You can also call the Nursing Mothers Counsel of Oregon. We are made up of mothers just like you. We are here to help answer questions and give you the support you need to reach your breastfeeding goals. You can call us seven days a week!