



# Getting Ready to Breastfeed

WIC's *Getting Ready to Breastfeed* classes are led by experienced specialists.

Meet other parents-to-be and learn:



- Why breastfeeding is the healthiest for baby and you
- How to latch and position for comfort and a well-fed baby
- How to make an abundance of milk
- Ways dads, partners, and family members can support your breastfeeding life
- Managing breastfeeding with a busy life-style
- And much, much more!

## Enroll in WIC today!

Must be enrolled in the WIC program to participate in classes and other benefits.

Class schedules and more available on-line at

[ACBreastfeeds.org](http://ACBreastfeeds.org)

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- Why exclusive breastfeeding is the healthiest for baby and you
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## WIC can help!

### WIC is a health, nutrition and breast-feeding program for:

- Babies
- Children/foster children under 5
- Pregnant women
- New mothers
- Women who have had a baby or were pregnant in the past 6 months

### How does WIC help?

- Checks for healthy foods
- Personal and family nutrition planning
- Breastfeeding support and classes
- Referrals for services and healthcare

### Working families can get WIC!

- Pregnant woman or family with 1 child who earn up to \$2504/mo. before taxes
- Family of 3 who earn up to \$3149/mo. before taxes

### It is easy to apply at a WIC program near you. *Call today!*

Alameda County WIC.....(510) 595-6400  
 Axis Health Center WIC.....(925) 462-2365  
 City of Berkeley WIC.....(510) 981-5360  
 La Clínica de La Raza WIC.....(510) 535-4110  
 Native American Health WIC.....(510) 434-5300  
 Tiburcio Vasquez Health WIC....(510) 471-5913  
 West Oakland Health WIC.....(510) 835-9610

**Please bring ID, proof of income & address.**

WIC is an equal opportunity provider



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