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# Help make our community breastfeeding friendly

- ***Breastfeeding is good for babies.***
- ***It's good for their mothers.***
- ***It's good for the community.***

We want to support breastfeeding mothers where they live, learn, work, play, and worship. **You can too!**

Take this *Breastfeeding Friendly* packet with you to your:

- Workplace
- Hairdresser
- Childcare provider
- Church or house of worship
- Grocery store
- Community center
- Neighborhood school
- Restaurant or coffee shop
- Nail salon
- Favorite neighborhood spot

Tell them about the benefits of breastfeeding, and ask them to post the signs and to support breastfeeding.

Thanks for being a breastfeeding champion!

-- *Community Wellness and Prevention Team*



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