

A photograph of a woman with glasses smiling as a baby breastfeeds. The woman is wearing a light blue tank top. The baby is wearing a white headband with a gold clip and a white top. The woman breastfeeding is wearing a blue top with a beaded necklace. The background is slightly blurred, showing a chair and some flowers.

Feeding your baby
is **NORMAL**

Be kind to yourself and patient with your baby

Breastmilk is the best food for babies

- A mother and her baby **learn to breastfeed together.**
- It may **take time** for breastfeeding to become easy.
- Family, friends, care providers, and breastfeeding consultants and counselors **can help.**

Visit **PhillyLovesBreastfeeding.org**