

Breastmilk is universally understood to be the best food for infants and the only food needed for the first six months of life.



Breastfeeding benefits everyone!

Infants, Mothers  
Families, Communities

Nutrition educators at Cornell Cooperative Extension Association of Jefferson County work together with staff at local hospitals, WIC and Public Health to help new mothers get the breastfeeding education and support they need.

Support provided by:



ESNY



EFNEP



United Way  
of Northern New York, Inc.



Cornell University  
Cooperative Extension  
Jefferson County

This breastfeeding support service is FREE and available to all women in Jefferson County. Call and ask to speak with a breastfeeding educator.

**788-8450**

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## BREASTFEEDING EDUCATION AND SUPPORT



**For Pregnant and  
Breastfeeding Moms**



Cornell University  
Cooperative Extension  
Jefferson County  
203 North Hamilton Street  
Watertown, NY 13601-2948

*Cornell Cooperative Extension Association of Jefferson County  
provides equal program and employment opportunities.*

# Breastfeeding is Natural

Yet you may have questions...

A breastfeeding educator can:

- Respond to your questions by phone
- Visit you at home.
- Provide the breastfeeding support and encouragement you are looking for!



## Get the Help You Need When You Need It!

Topics may include:

- Planning ahead for feeding your baby.
- How to position your baby for comfortable and effective breastfeeding
- How to check that your baby is getting the right amount to eat.
- How your milk supply changes to meet the needs of your baby.
- How to prepare for continued breastfeeding once you return to work and an active lifestyle.
- The latest recommendations for starting your baby on solid food.



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