

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 and a white top. The woman feeding the baby 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**

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Department of
Public Health
CITY OF PHILADELPHIA

PhillyLovesBreastfeeding.org

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**