

Still Undecided About Breastfeeding? Hear what these breastfeeding moms have to say...

"It's better for baby, more natural, perfectly tolerated by infant's delicate digestive system. No messy formula and no heating. Breast milk is already the correct temperature. It saves lots of money. Losing weight after the birth was a snap while breastfeeding." *- Mary Jo*

"My baby is a healthy, happy baby. We have such a special bond. It's a very relaxing time for us both. Overall, it's such an awesome feeling to know that you are the reason for your child is growing. It's such a miracle that you can have a child and nurture her from your very own body. Just make a commitment and be determined to feed your child this way and you'll do great." *- Elizabeth*

"I nursed all four of my daughters to well over 1 year. I never regretted my choice. It is such a convenient food source, no bottles to boil, clean or carry. It could not have been easier during those last night feedings." *- Celeste*

"It saves money, it is easier and more convenient to breastfeed and we never run out. It is such a beautiful experience. It may not always be easy at first, but it is worth the time. You hold your child so close to you and gaze into their eyes. You'll feel even more appreciated than you can imagine." *- Tiffany*

"The bond that you and your baby share is so amazing. There is no better feeling than your baby looking up at you like you are her whole life. If you are undecided, the best thing to do is try it. The first two weeks may be a little rough, but the reward is unbelievable." *- Tonya*

"Everything that you read about it true. You, in the long run, save a lot of money. But, that is really only secondary to the emotional bond that you develop with your child. Just relax and have confidence in yourself. It really is not hard to do. Just try it and you will find it to be a comforting and calming time for you and also the baby" *- Sharon*

"It is the best choice for your baby. After you do it for a while, it is so easy! No smelly, messy formula. The advantages are huge! Saving money, losing weight and all the obvious advantages are just some of hundreds of reasons to breastfeed. Try to make a commitment to breastfeeding. Don't just say that you'll try it. It is hard when you start, but you will love it later." *- Lisa*

"I am very happy for making the decision to breastfeed because my daughter was premature and the breast milk helped her gain weight fast so that I could bring her home sooner." *- Jasmine*

"Please do it. It's very good for you and your baby. It will make the bond so much stronger and later on in the child's life, she'll thank you for the wonderful gift you have given her." *- Crystal*



“Breastfeeding is a little painful at first, but after a week or so, you don’t feel the pain anymore. Also, breastfeeding is so much easier than formula, no bottles and cleaning needed. It’s always there and you don’t run out. You can pick your baby up and feed them in the middle of the night instead of running to get a bottle.” -Angela

“Try to ignore all of the horror stories that you hear about breastfeeding. As long as you put your mind to it, and you don’t give up, you won’t regret nursing your baby. Also, try to take a breastfeeding class at the hospital you go to and learn as much as you can about breastfeeding.” -Lindsay

“If you’re either a stay-at-home mom or working mom, try to breastfeed. Make it work for you and don’t stress over the little things (dishes, laundry, cleaning, etc.). Children grow up fast and you can’t get those years back. So do it now and don’t look back and wish you had breastfed your children.” -Heather

“At least give it a try. I’m only 19 and I loved it. It was one of the greatest feelings in the world.” -Stephanie

“It’s the best start you can give your baby in life. After the first week or two, it gets easy, so stick with it. You won’t be sorry. You’ll love being the only person who can provide your baby with this perfect food.” -Lisa

“Breastfeeding is a learning process, once you and your baby get the hang of it, you will both enjoy it. From experience, I can say that breastfeeding helped to build a strong bond between me and my baby.” -Zeta

“Fear of the unknown can be our worse enemy! Whether it is fear of failing, fear of the baby not getting enough to eat, fear of the demands it might put on you, whatever the fear may be, believe me they will all pass! Especially when your baby pulls away for the first time from the breast and gives you the biggest, brightest, most satisfying smile you could ever imagine. You will be so happy that you didn’t let the fear stop you” -Mary

“Our baby is very healthy. I lost my weight from pregnancy a lot quicker. If you do decide to breastfeed, don’t get discouraged if you have a few minor problems at first. You and your baby will learn to communicate. It will become natural then. I would suggest taking a breastfeeding class.” -Rita

“I’m breastfeeding my twin daughters. When I’m up all night feeding them and they look up at me with their smiles, it is all worth it. Breast milk contains every nutrient needed for the perfect growth of your baby. It’s easily digestible and helps your baby resist colds, ear infections, and respiratory problems.” -Barb

“Do it! It is worth any sacrifices you may have to take while doing it. It develops such a close bond with your baby as well as growing less fussy and more content babies. (Therefore, a happier, mom!)” -Tara

These words of encouragement were provided by breastfeeding women at the Cambria County Community Action Council WIC Program. We are all so grateful that they took the time to share their experiences. We hope that these words will help you make the decision to breastfeed your baby.