

# Feeding Decisions

***You know "breast is best"-  
but you may be wondering:***

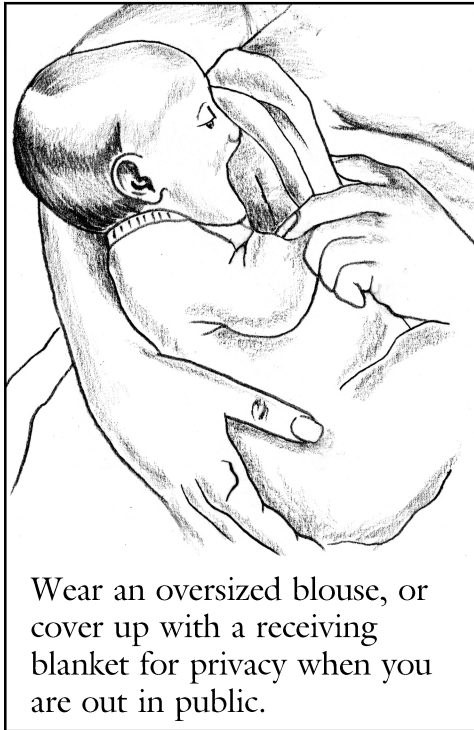
- ♥ Will I produce enough milk for my baby?
- ♥ How will I feed my baby when I'm out in public?
- ♥ How will I return to work or school or attend appointments?



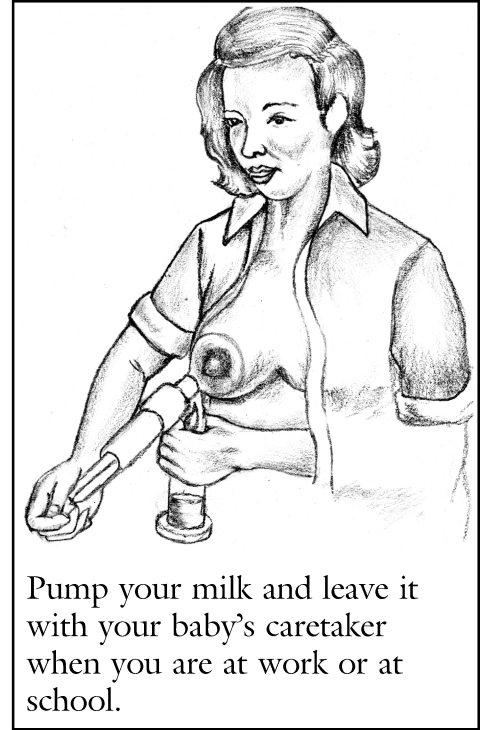
***Here are some ideas:***



Breastfeed often to make the milk your baby needs.



Wear an oversized blouse, or cover up with a receiving blanket for privacy when you are out in public.



Pump your milk and leave it with your baby's caretaker when you are at work or at school.

***What will happen if I give my baby formula?***

- ♥ Using formula will decrease your milk supply and can make breastfeeding difficult.
- ♥ Babies who receive formula get more ear infections and diarrhea.
- ♥ Babies who receive formula are more likely to get serious infections, diabetes, and certain cancers when they are older.

***Babies who receive only breast milk grow  
to be the healthiest and smartest they can be.***