

Considering Breastfeeding?

Breastfeeding is healthy for both you and your baby. WIC is here to support you to achieve your infant feeding goals.

Are you pregnant?



- Consider breastfeeding. Learn what you can now, before your baby arrives. Consider the benefits of breastfeeding, formula availability, and your goals when making your infant feeding decisions and plans.
- Learn about [breastfeeding](#).
- Talk with the experts at [your local WIC office](#).
- Enroll in the [WIC Breastfeeding Peer Counseling program](#).
- Attend a FREE virtual prenatal breastfeeding class.
 - Learn more at [Ready Set Baby Live Online Classes](#).
- Talk to your local WIC office or health care provider about breastfeeding support groups in your area.

Are you currently feeding your baby both breast milk and formula?



- Consider breastfeeding more. Even adding one additional feeding per day will reduce your need for infant formula. Talk to your [local WIC office](#) or find a [lactation specialist](#) in your area.
 - Contact your local WIC office today to learn tips for increasing milk supply and resources available such as breast pumps.

Are you currently not breastfeeding or producing any breast milk?



- Relactation is the process by which a parent reestablishes their milk supply after having stopped for some time (weeks or months). More information is available [here](#) or talk with your local WIC office.

Relactation takes time and it is important to set realistic expectations based on your individual circumstance. It is possible with the right support.

Donor Milk Options

- Pasteurized donor breast milk from a certified human milk bank may be available for purchase. Learn more about the options in North Carolina [here](#).

Only purchase breast milk from a certified human milk bank. It is NOT safe to purchase breast milk from any other source.
- Receiving breast milk is an option if you have a trusted family member or friend with extra breast milk to donate. This breast milk will not be pasteurized or tested like human donor milk from a certified milk bank. Learn more [here](#).

Do NOT water down formula, make homemade formulas, or use toddler formula to feed infants.

