

Breastfeeding Resources



- Breastfeeding Materials

The **National Women's Health Information Center (NWHIC)** has a Breastfeeding Helpline which operates in both English and Spanish. NWHIC also has free breastfeeding information packets. Call 800-994-WOMAN (9662) or follow the links below to download the packets.



English (all women)

<http://www.4woman.gov/pub/BF.General.pdf>

English (African American Women)

<http://www.4woman.gov/pub/BF.AA.pdf>

Spanish

<http://www.4woman.gov/pub/BF.Spanish.pdf>