

HELP WIC CELEBRATE!



August is World Breastfeeding Month and this year's theme, *Exclusive Breastfeeding: the Gold Standard*, is to help everyone to understand about exclusive breastfeeding and to believe in its benefits. Help WIC celebrate by finding ways to support and encourage mothers to breastfeed. The recipe below would make a great baby shower gift!

A RECIPE FOR HAPPINESS

2 Heaping Cups of Patience
1 Heart-full of Understanding
1 Handfull of Generosity
Breastfeeding your baby

Dash of laughter
1 Heart-full of Love

Sprinkle generously with kindness. Add plenty of support and mix well. Spread over a period of a lifetime.

