

# BREAST FEEDING

You can do it!



We're here to help

The Hispanic Health Council  
175 Main Street - Hartford, CT 06106

**Breastfeeding —  
the best gift you  
can give yourself  
and your baby.**

**We can help you:**

- Learn how to breastfeed before your baby is born
- Get a good start at Hartford Hospital right after you deliver
- Continue breastfeeding with ongoing support and information over the phone or in your home
- Get a breast pump so you can continue to provide breast milk even if you go back to work or school

The **Breastfeeding: Heritage and Pride** program of the Hispanic Health Council and Hartford Hospital provides **free** bilingual (Spanish-English) breastfeeding information and support.

**For more information call:  
860-527-0856 x308**