

"But I can't see myself doing that!"

For some women, the decision to nurse their baby feels comfortable and natural right from the start. Other women need to “warm up” to the idea. Some women don’t even feel comfortable talking about it.



What about you?

If you feel uncomfortable with the idea of nursing, you are not alone. Here are some reasons why some women shy away from it:

- “Don’t know how.”
- “Seems too hard.”
- “I’m afraid it will hurt.”
- “I’m overwhelmed. I can’t do one more thing.”
- “I don’t like the idea of a baby touching my breasts.”

If you were raised around baby bottles and formula, the idea of nursing may feel strange for these or any number of reasons. Maybe you’ve even been told that a woman’s breasts are only for the bedroom!

I know it's best but...

Providing your own milk is best for your baby. But, nursing may not feel good for you. That can create inner conflict. A common way to react is to avoid talking about it.

Relax mom!

Here’s some good news. Your feelings about nursing may change as you progress through your pregnancy. Rather than make up your mind right now, why not find out more about nursing? Talk to someone who knows and give yourself time. Maybe your feelings won’t change, but maybe they will. Other women have changed their mind. Maybe you will too.



Breastfeeding Awareness and Support Program
Healthy Baby Line
1-800-986-BABY



Pennsylvania WIC Program
1-800-WIC-WINS
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