

## Northern Essex WIC Program

25 Locust Street, Haverhill, MA 01830  
978-374-2191 \*\* Fax 978-373-8966

The Massachusetts Women, Infants and Children Nutrition Program (WIC) improves the health status of families by providing nutrition and health education, breastfeeding education and support, nutritious foods, and referrals to other health and social service agencies. To achieve this goal WIC collaborates with the community, health care and social service providers, retail stores, & state and federal partners. WIC is federally funded by USDA and is supported by state funds in Massachusetts. WIC is administered by the Massachusetts Department of Public Health.

The Northern Essex WIC program is locally administered by Community Action, Inc., 25 Locust Street, Haverhill, MA. (978) 374-2191. Besides our main Haverhill office we have offices located in:  
**Amesbury** at Town Hall Annex, 11 School Street (978)388-2575;  
**Beverly** at 4 Ocean Street, (978)922-2110; and  
**Gloucester** at Addison Gilbert Hospital, 298 Washington St, (978)281-4540 or (978)283-2110. We invite you to call and visit the office most convenient for you and your family.

Spring, 2004

### THINKING ABOUT BREASTFEEDING? Answers to Common Breastfeeding Questions.

#### Why should I breastfeed?

Breastfeeding is good for you and your baby. Breast milk contains all the nutrients your baby needs to grow, and research shows that breastfeeding reduces the risk of common infant illnesses like ear infections and diarrhea. Research also shows that women who breastfeed are less likely to have certain types of cancer.

#### What should I expect from breastfeeding in the beginning?

Breastfeeding may take a little time for both you and your baby to learn. A WIC nutritionist or breastfeeding counselor can help you get off to a good start. Remember, practice makes perfect! After a while, most women find nursing relaxing and enjoy the quiet time with their babies.

THE LIGHTER SIDE [www.breastfeeding.com](http://www.breastfeeding.com)



If you jump up and down,  
will the baby have a milk shaker?