



Change the Landscape: Support Breastfeeding in our Community

This nursing mother can't talk to you, but she can help you start a conversation about breastfeeding in our community.

What you can do:

- Look for these life-size cardboard models of women breastfeeding their babies in public places.
- Pick up a message button and wear it to show your support.
- Take your photo with her and share it on our Facebook page. Find the link at our website: HealthVermont.gov
- Enter our drawing for prizes. Fill out this postcard, add a stamp and mail it.
- Talk it up in your community: Breastfeeding gives babies the healthiest start in life. Let's help change the landscape and support breastfeeding moms, wherever they are!



I saw her!

Where: _____

When: _____

I'm wearing the button that says: _____

My name: _____

My address: _____

My phone: _____



Breastfeeding gives babies the healthiest start in life. Policies and practices that support breastfeeding at businesses and worksites, in health care facilities and hospitals, in schools and child care improve the health of mothers and children. And that benefits all of us.

There are many ways you can help support breastfeeding mothers and babies in your community.

Learn more about what you can do.

HealthVermont.gov/YouCanDolt

Mail this form in an envelope to your local Vermont Department of Health office.

Find the office near you:

http://healthvermont.gov/local/district/district_office.aspx