



# How to Breastfeed Your Baby Booklet Virtual Resource

Instruct families to click the **DOWNLOAD** button to access the resource.

## How to Breastfeed Your Baby Booklet (English)

<https://odh.ohio.gov/know-our-programs/women-infants-children/media/how-to-breastfeed-english>



## ¿Cómo Amamantar/lactar a su bebé? (Spanish)

<https://odh.ohio.gov/know-our-programs/women-infants-children/media/how-to-breastfeed-spanish>



## Comment allaiter votre bébé (French)

<https://odh.ohio.gov/know-our-programs/women-infants-children/media/how-to-breastfeed-french>



## كيفية إرضاع طفلك (Arabic)

<https://odh.ohio.gov/know-our-programs/women-infants-children/media/how-to-breastfeed-arabic>



## 如何母乳喂养宝宝 (Mandarin)

<https://odh.ohio.gov/know-our-programs/women-infants-children/media/how-to-breastfeed-mandarin>



## आफ्नो बच्चालाई कसरी स्तनपान गराउन (Nepali)

<https://odh.ohio.gov/know-our-programs/women-infants-children/media/how-to-breastfeed-nepali>



### **Sida lo Naasnuujiyo cunugaaga (Somali)**

<https://odh.ohio.gov/know-our-programs/women-infants-children/media/how-to-breastfeed-somali>



### **Jinsi ya Kumnyonyesha mtoto wako (Swahili)**

<https://odh.ohio.gov/know-our-programs/women-infants-children/media/how-to-breastfeed-swahili>



### **Ki jan pou Bay tete tibebe w la (Haitian Creole)**

<https://odh.ohio.gov/know-our-programs/women-infants-children/media/how-to-breastfeed-haitiancreole>



### **WIC Breastfeeding Support**

<https://wicbreastfeeding.fns.usda.gov/>

