



# Western Upper Peninsula Health Department **BREASTFEEDING**

*The quarterly newsletter for breastfeeding information*



## **HANDLING CRITISM**

*How do you feel about breastfeeding?*

We live in a world where people like to offer their opinions.

**When it comes to *your* breastfeeding journey, the only opinion that matters is yours.**

Can you relate to having an aunt who breastfed and had a terrible experience, a friend who thinks it's gross, or a coworker who says they would *never* breastfeed?

Maybe you have someone like that in your life who is full of negative input when it comes to breastfeeding.

That is their story, **not yours**.

If you want to breastfeed your baby, you breastfeed that baby!!



*Always remember you can ask for help by contacting your local WIC agency or breastfeeding peer support person  
This institution is an equal opportunity provider*

As our culture progresses, breastfeeding is becoming more and more normalized again. It isn't uncommon to see a mother breastfeeding her child out in public and that is a beautiful thing that should be celebrated!

**Our bodies were designed to feed our babies. There is no shame in this. It is beautiful and empowering!**

Of course there are some circumstances that prevent us from breastfeeding, but ultimately by giving it your best shot, you are giving your baby the absolute best nutrition possible. *Any breastmilk is better than none.*

**Here are some ways you can handle criticism:**

- Do your own research. Get informed about the nutritional value of breastmilk, read testimony's about why it's good for mom and baby, etc.
- Make a personal list to remind you why breastfeeding is important to you.
- Explain to others when approached why breastfeeding is important to you and why it should be normalized.
- Be firm about your decision.
- Inform and correct others about breastfeeding when they are giving inaccurate information.
- Remain calm and confident. You know why you are breastfeeding and you know that it's so good for your baby!

Be encouraged, mama! There are endless studies proving that breastfeeding is the best option for both mom and baby. No matter what anyone's opinion is, these are the facts.



**Stay strong in your decision to breastfeed.  
Reach out to your local breastfeeding peer counselor and we can do this together!**

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