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## Breastfeeding for Healthier Babies By Janet D. Lawson, M.D., F.A.C.O.G.

***I would like to start a breastfeeding support group in my community, for all breastfeeding mothers, but especially mothers with twins. Where do I start?  
- - Nancy L., Katy***

This is a wonderful idea. Support groups enable mothers to breastfeed longer and provide options and ideas for any concerns or situations that may occur. Here are my suggestions for starting your group:

1. Begin small. If you know breastfeeding mothers in your community, call and invite them to a meeting.
2. Contact Mothers of Multiples through the Yellow Pages. Many Texas cities have a group.

If you are pregnant or planning to start a family, you owe it to your children to learn everything you can about the benefits of breastfeeding. Call the State WIC office at 1-800-942-3678 for breastfeeding information. If you are a new mom and need immediate help or assistance with breastfeeding, call the Texas breastfeeding helpline at 1-800-514-6667.