

Breastfeeding: Best for You, Your Baby & Family

Great Reasons for Your Baby

- **Breastmilk is the perfect food for your baby. It's just what your baby needs in just the right amount.**
- **Breastmilk helps your baby grow strong and healthy.**
- **Your breastmilk gives your baby protection against diseases**
- **Breastfed babies have fewer earaches, colds and allergies.**
- **Breastmilk is easily digested. Babies don't get constipated and hardly ever get diarrhea.**
- **There are fewer crib deaths (SIDS) among breastfed babies.**
- **Because of the special way breastfed babies suck, they have fewer speech problems.**

Picture of family

Picture of babies

- **Breastfed babies are more likely to score higher on tests, read sooner and have fewer learning disabilities.**
- **Breastfed babies tend to have straighter teeth.**
- **Breastfeeding decreases the risk of heart disease later in life.**

Great Reasons to Breastfeed for You

- Breastfeeding will help you get back into shape faster. The uterus will get back to its pre-pregnancy state. Breastfeeding also helps to prevent excessive bleeding following birth.
- Breastfeeding may protect women from chronic diseases.
- Breastfeeding reduces your risk of breast cancer and ovarian cancer.
- Breastfeeding helps prevent osteoporosis and hip fracture later in life.
- Breastfeeding is a special gift only you can give your baby. It helps you bond with your baby.

Picture of mother and baby

Great Reasons for Your Family

- Breastfeeding saves money: fewer doctor's bills and no formula.
- There is nothing to prepare. It is ready at the right temperature and amount.

For additional information,
please contact:

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