



Breastfeeding

The healthy, easy way to feed your baby, and get back in shape fast!



Healthier Babies

Your body has the natural ability to provide all the necessary nutrients for a smarter, happier and healthier baby. This makes for a happier mom, too.

Breastfeeding:

- Provides the perfect food for baby and is more nutritious than formula
- Easier for baby to digest
- Less ear infections, allergies and respiratory infections for baby
- Lowers the risk of diabetes, obesity and some cancers
- Babies rarely have diarrhea, constipation or smelly diapers
- Stimulates a higher IQ
- Helps form straighter teeth and reduces speech problems

Consider Breastfeeding!

Learning to breast-feed is easy.

Like anything, breastfeeding just takes a little time, practice and support.

All new moms have questions, and there's help to get you and baby off to a great start. Free advice is available from other mothers.

Call the Breastchoice Mother's Support Group at **612-FEEDBABY (612-333-3222)**

Sponsors:
The League of Catholic Women
Allina Foundation





Breastfeed your baby and you'll discover it's faster and easier because breast milk is free and always ready!

Faster Easier

- Breast milk is convenient when you and baby are out. It's always ready, warm and safe
- Babies cry less which makes for a stress-free family
- Because there are no messy bottles to fix at night, everyone sleeps easier
- Pumping breast milk is manageable and keeps baby healthy while you're at school or work
- Saves money (no formula or bottle costs, less trips to the doctor with a sick baby, less medication costs)
- Breast milk is all your baby needs to eat or drink for the first six months of life



Want to get back to your pre-pregnant size faster? Breastfeeding makes it possible.

Get Back In Shape

- Can help you get back to your pre-pregnant size and weight faster
- Increases confidence as an accomplished, young mother
- Allows mother to spend more time with entire family