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.

• 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.

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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