

Why Should I Breastfeed?

Which benefits are the most important to you?

Breastmilk is the perfect food for baby.

Breastmilk...

- contains more than 200 nutrients.
- is always ready and is never too hot or too cold.
- protects your baby from illness and makes vaccines work better.

Breastfed babies are healthier.

Breastfed babies have...

- fewer ear infections, asthma and pneumonia.
- less tummy troubles (gas, constipation and diarrhea).
- better brain development and do better on IQ tests.
- less risk of sudden infant death syndrome (SIDS).
- less risk of diabetes and obesity in childhood and as an adult.



This institution is an equal opportunity provider.

Which benefits are the most important to you?

Mothers who breastfeed are healthier.

Mothers who breastfeed have...

- less bleeding after childbirth and lose weight quicker.
- less risk of breast, ovarian and uterine cancer.
- less risk of diabetes and heart disease.
- stronger bones.

Breastfeeding saves time and money!

Parents who breastfeed...

- save more than \$1,000 the first year alone by not having to buy formula and bottles.
- miss less work caring for sick children.
- have less health care costs for baby.
- receive more WIC foods for the first year.

Breastfeeding is good for your family....

- because it is the healthiest, safest and simplest way to feed your baby.
- because it makes life easier for the whole family.
- because it saves your money.

***Breastfeeding is a special gift
only you can give your baby.***



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