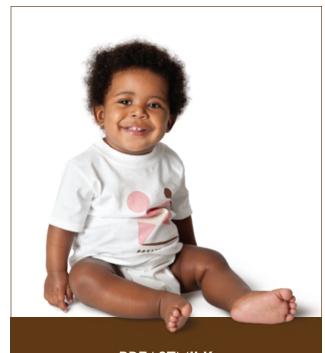
YOUR MILK IS LIKE MEDICINE FOR YOUR BABY

- Breastmilk is easily digested, reducing your baby's risk of diarrhea and constipation.
- Breastmilk is more than just food for your baby. It also protects your baby from illness.
- Breastmilk protects your baby from illness such as allergies, asthma, diabetes, and certain cancers.

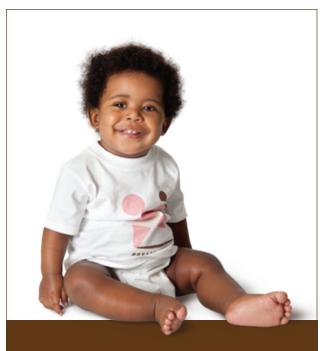


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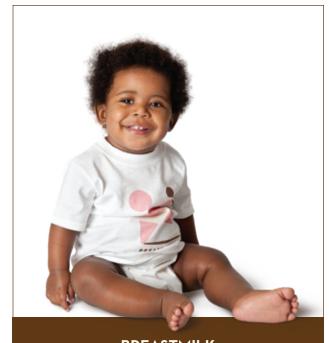




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BREASTMILK

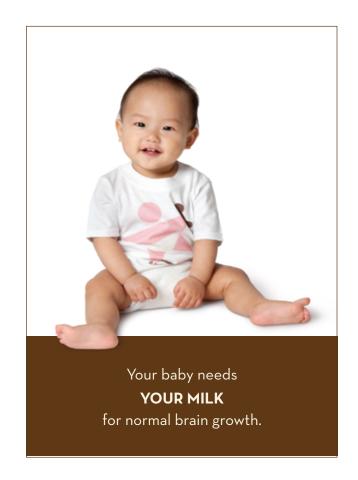
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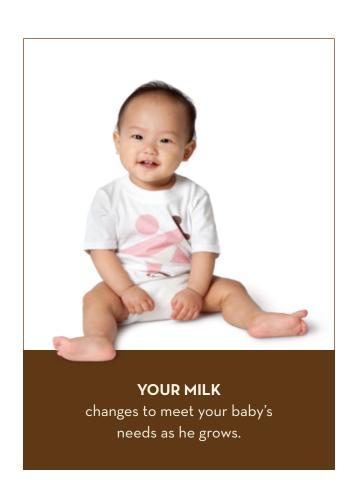
BREASTFEEDING HELPS YOUR BABY GROW

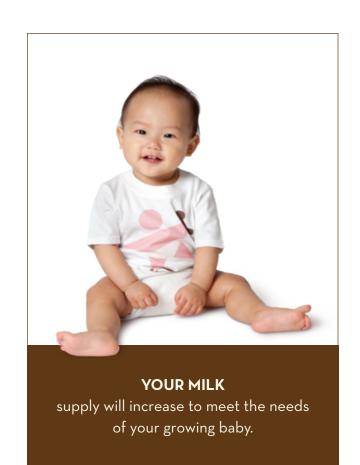
- Your baby needs your milk for normal brain growth.
- Your milk changes to meet your baby's needs as he grows.
- Your milk supply will increase to meet the needs of your growing







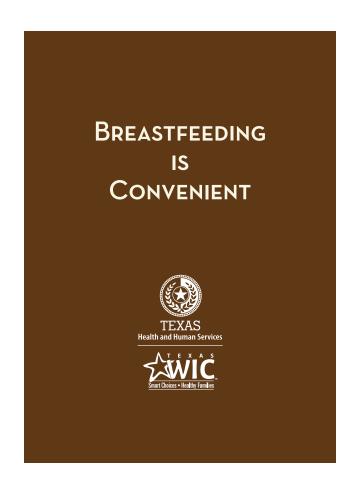


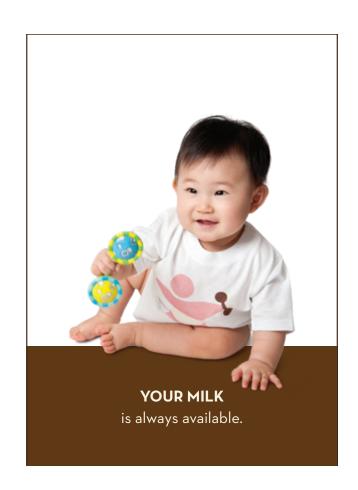


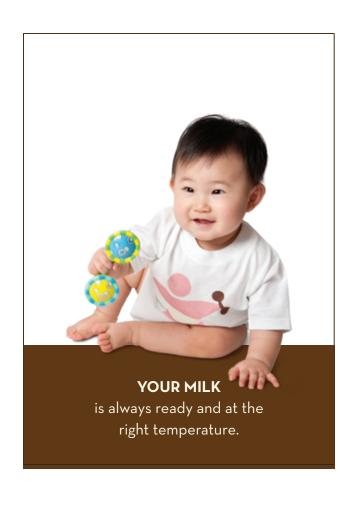
BREASTFEEDING IS CONVENIENT

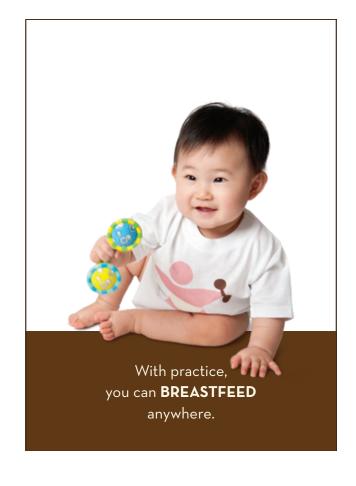
- Your milk is always available.
- Your milk is always ready and at the right temperature.
- With practice, you can breastfeed anywhere.











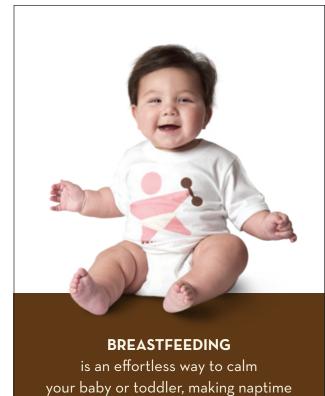
BREASTFEEDING IS BEST FOR EVERYONE

- Breastfeeding is an effortless way to calm your baby or toddler, making naptime and bedtime easier for everyone.
- Breastfeeding helps the environment because it doesn't require extra resources to prepare or store.
- Breastfeeding mothers miss less work because their infants are sick less often.



BREASTFEEDING IS BEST FOR EVERYONE





and bedtime easier for everyone.



helps the environment because it doesn't

require extra resources to prepare or store.



BREASTFEEDING IS BETTER FOR YOUR HEALTH

- Breastfeeding can help you lose weight gained during pregnancy.
- Breastfeeding reduces your risk of developing breast and ovarian cancer.
- Breastfeeding releases a hormone that helps you feel calm and relaxed.



BREASTFEEDING IS BETTER FOR YOUR HEALTH









BREASTMILK IS BEST FOR ALL BABIES

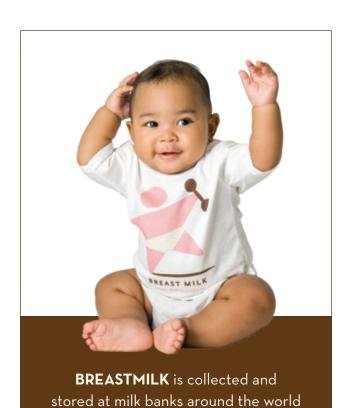
- Sick and premature babies that are fed breastmilk have much better chance of developing well.
- Breastmilk is collected and stored at milk banks around the world for sick and premature babies.
- Breastmilk substitute (formula) is made from cow's milk or soybeans and doesn't have the protective ingredients naturally found in human breastmilk.



BREASTMILK IS BEST FOR ALL BABIES







for sick and premature babies.



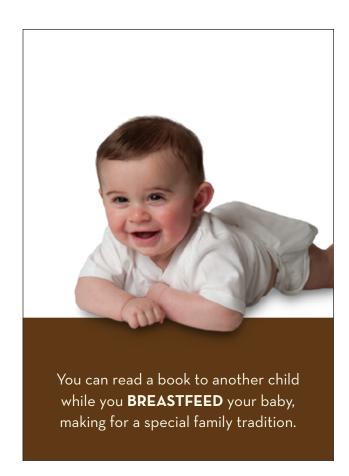
BREASTFEEDING IS BEST FOR YOUR FAMILY

- You can read a book to another child while you breastfeed your baby, making for a special family tradition.
- The physical and emotional closeness of breastfeeding creates a special bond with your baby.
- Since breastfed babies tend to be healthier, families have lower medical costs.



BREASTFEEDING IS BEST FOR YOUR FAMILY







creates a special bond with your baby.

