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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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
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Breastfeeding is Convenient

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

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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.
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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.
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