

The Benefits of Breastfeeding

BREAST MILK IS THE COMPLETE AND SUPERIOR SOURCE OF NUTRITION FOR YOUR BABY.

Baby

Breast milk contains close to 200 compounds which:

- Protect against infection
- Help immune system mature
- Aid in digestion
- Support brain growth and has been shown to increase I.Q.

Breast milk significantly reduces:

- Ear infections
- Allergies
- Asthma
- Respiratory infections
- Diarrhea
- Constipation
- SIDS
- Diabetes
- Eczema
- Obesity
- Some childhood cancers

mother

Postpartum:

- Helps uterus return to normal
- Decreases blood loss post delivery
- Can aid in weight loss
- Tends to suppress ovulation

Protects against:

- Breast cancer
- Ovarian cancer
- Osteoporosis

Enhances:

- Mother/baby bond
- Sense of well-being

family

Convenience:

No preparation, heating, refrigeration, or sterilization.

Significant cost savings compared to formula!