

Breastmilk has everything your baby needs for the first six months

**Breastfeeding helps protect your baby from:**

colic	colds, coughs
ear aches	pneumonia, bronchitis
allergies	diabetes (high sugar)
effects of smoking	SIDS (Sudden Infant Death)
constipation	Hodgkin's disease
diarrhea	Crohn's disease
tooth decay	some childhood cancers

**Breastfeeding bonuses for baby:**

higher IQ  
strong, loving bond  
develops trust

# You Can Breastfeed!



**Breastfeeding:**

- ♥ milk is always fresh, clean and warm
- ♥ it's easy to do anywhere - cover up for privacy
- ♥ makes night time feeding faster

**Breastfeeding helps protect moms from:**

- ♥ breast and ovarian cancer
- ♥ brittle bones (osteoporosis)
- ♥ blood loss after birth
- ♥ early return of periods

**Breastfeeding reduces:**

- ♥ number of sick doctor visits
- ♥ mom's tummy sooner
- ♥ time missed from work/school
- ♥ money spent on formula