

What's In It For Me?

A Healthier Baby

Breastfed babies have fewer sick visits to the doctor
Breastfed children have higher IQs
Protects against some diseases

More Free Time & Money

No formula to buy
No mixing and heating
Less trips to the store
Less garbage to take out

A Sweeter Smelling Baby

Breastmilk is easy to digest
Messy diapers are not very smelly
Spit up does not stain clothes

Big Pluses for Mom and Dad

Quiet time together
Brings family closer
Mom heals faster

Ways You Can Spend Time With Baby

- ◆ Bring baby to mom to nurse
- ◆ Burp baby during feedings
- ◆ Bathe baby
- ◆ Hold and cuddle baby
- ◆ Take baby for a walk
- ◆ Talk, sing and read to baby
- ◆ Play with baby



Babies take a lot of time, no matter how they are fed. Working together to fix simple meals and clean the house gives you more time to spend together.

YOU Can Make A Difference!

When others tell mom:

“Are you sure your baby is getting enough?”

“Try to get baby on a schedule. You’re nursing all the time.”

“How are you going to feed your baby when you go out?”

Support mom by saying:

“I think you’re doing a great job.”

“It makes me proud that our baby is healthy and happy.”

“We can call WIC for support.”