

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

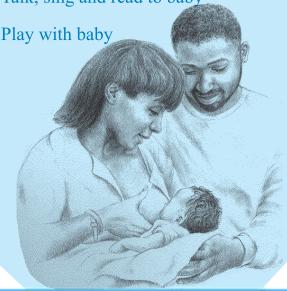
Quiet time together Brings family closer Mom heals faster



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



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.

/OU 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."















































