

BREASTFEEDING

Good for Baby.

Good for Mom.



BENEFITS FOR BABY:

- Lowers risk of diarrhea, ear infections, pneumonia and asthma
- Lowers risk of Sudden Infant Death Syndrome (SIDS)
- Lowers risk of food allergies and obesity

BENEFITS FOR MOM:

- Lowers risk of postpartum depression, Type 2 diabetes, high blood pressure, and heart disease
- Lowers risk of breast cancer and ovarian cancer
- Promotes infant bonding