

The Best for Babies!

Your baby needs lots of love and attention.
Breastfeed your baby!

- 1** Breastmilk is Nature's best food for your baby.
- 2** Your breastmilk actually changes as your baby grows older. When your baby is 2 to 3 months old, your breastmilk is different than how it was when your baby was 1 month old. Formula doesn't change, it's always the same.
- 3** Breastmilk is easy to digest. Your baby's stools will be softer and smell better than the stools of formula fed babies.
- 4** Breastfed babies are less likely to be allergic or intolerant to breastmilk. Some formula fed babies need to drink special formulas that are very expensive.
- 5** Your baby is less likely to have food allergies, colic and asthma if breastfed.
- 6** Your breastmilk has antibodies that protect your baby from colds and ear infections.
- 7** Breastfeeding may help develop your baby's brain.
- 8** Breastfeeding reduces the risk of SIDS – Sudden Infant Death Syndrome
- 9** Breastfeeding may protect your baby from obesity later in life.
- 10** Breastfeeding may protect your baby from diabetes and childhood cancers later in life.

Breastfeeding is the best way
to feed your baby.



The Best for new Moms!

Breastfeeding is as important for new moms
as it is for their babies!

- 1** You are less likely to develop breast and ovarian cancers if you breastfeed your baby.
- 2** Breastfeeding may help you develop stronger bones and prevent osteoporosis later in life.
- 3** Breastfeeding may help prevent diabetes and heart disease later in life.
- 4** Breastfeeding will save money! You always have breastmilk and won't have to buy more!
- 5** Breastfeeding is easy. You don't need to prepare it – it's always ready and at the right temperature.
- 6** Breastfeeding will help create a special bond between you and your baby. It's a special gift that only you can give your baby.
- 7** Breastfeeding will make you feel good! Your body makes special hormones while you are breastfeeding that help you to relax and feel calm.
- 8** Breastfeeding will help bring back your flat tummy. It will help your uterus to return to the size it was before you were pregnant.
- 9** Breastfeeding may help you lose weight. You use 500 calories a day while breastfeeding.
- 10** It's easy to travel with a breastfeeding baby. No formula to pack. Just grab the diapers and go!

Why don't all moms breastfeed their babies?

“I will be embarrassed to breastfeed”

It doesn't have to be embarrassing.
You can breastfeed in your home, away from others.

When you are in public, you can breastfeed privately or feed a bottle of breastmilk or formula to your baby.

You can cover yourself by wearing a shirt that pulls up from the waist, just high enough to let your baby in. Or you can throw a light blanket over your shoulder while you breastfeed. Practice at home before you try breastfeeding in public.

“I have to go back to work”

Most women work in jobs outside the home today.
Don't let work stop you from doing what you want to do!

You may be able to pump breastmilk during your breaks at work. Maybe your day care provider is close enough to your work that you can breastfeed your baby at lunch.

You could breastfeed your baby when you are together, and feed formula to your baby when you are working.
There are many ways to work and keep breastfeeding!

“My mother didn't breastfeed”

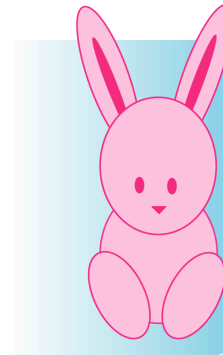
You will receive a lot of advice when you have a new baby.
Your family wants the best for you and your new baby.

However, they probably didn't know all the benefits of breastfeeding when their children were babies.

We are always learning more about the benefits of breastfeeding.

Stick to your plan.
Don't let family or friends talk you out of breastfeeding!
Find other breastfeeding mothers in your area that you can talk to about breastfeeding.

You will want to breastfeed when you know all the benefits of breastfeeding!



Easy lunches for busy moms:

♥ **Smoked Turkey Sandwich** – Spread light mayonnaise or mustard on whole wheat bread. Layer smoked deli turkey on bread. Top with shredded lettuce and sliced tomatoes.

♥ **Ham Club Sandwich** – Spread light mayonnaise or mustard on whole wheat bread. Layer deli ham, turkey, provolone cheese, shredded lettuce and sliced tomatoes on bread.

♥ **Tuna Sandwich** – Drain water off canned tuna. Combine tuna, finely chopped celery and onion, and small amount of light mayonnaise in a small bowl. Spread tuna salad on a whole wheat bun. Top with shredded lettuce if desired.

