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Breastfeeding
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Formula Breastfeeding:
• Breast milk is free save $1500.00 a year
• Always fresh and available
• Protects both mom and baby against infections and sickness
• Protects baby from sickness by coating the stomach with a protective layer
• Best food to help baby grow and develop
• Easy to digest so less gassy
• Tastes different each time depending on what the mother is eating
• Skin to skin contact builds a special bond between mom and baby

Formula:
• Estimated cost for the first year is $1500.00 on formula and bottle supplies
• Always have to carry formula and clean water
• Preparation can sometimes take a while
• No antibodies to protect against sickness and infection
• Dirty bottles = bacteria
• Nutritional content depends on proper preparation
• Some babies have difficulty digesting certain formulas which can cause gassiness
and constipation
• Anyone can feed the baby

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ᐊᒫᒪᒃᑎᑦᓯᓂᖅ ᐅᕙᓘᓐᓂᑦ ᐊᒫᒪᐅᑎᑐᖅᑎᑦᓯᓂᖅ

ᐊᒫᒪᒃᑎᑦᓯᓂᖅ:
• ᐊᓇᓇᐅᔪᑉ ᐃᒻᒧᐊ ᐊᑭᖃᖏᑐᖅ. ᐊᑐᖏᓂᖅᓴᐅᓇᔭᕐᑐᑎᑦ $1500.00 ᒥᒃ ᐊᕌᒍᒥ
ᐊᑕᐅᓯᕐᒥᒃ
• ᓱᕈᓚᖏᑐᖅ ᐊᒻᒪ ᑕᐃᒪᐅᖃᑦᑕᓂᐊᖅ
• ᓴᐳᔾᔨᓯᒪᔪᖅ ᐊᓇᓇᐅᔪᒥᒃ ᓄᑕᕋᓛᖓᓂᒃᓗ ᑎᒥᓪᓗᖕᓇᖅᑐᓂᒃ ᐊᒻᒪ ᐋᓐᓂᐊᕐᓂᕐᓂᒃ
• ᓴᐳᔾᔨᕙᒃᐳᖅ ᓄᑕᕋᓛᕐᒥᒃ ᐋᓐᓂᐊᑕᐃᓕᓂᕐᒥᒃ ᐊᕿᐊᕈᐊᓂᒃ ᐃᑭᐊᕈᑦᓯᕐᓗᒍ
ᓴᐳᔾᔨᓯᒪᔪᔪᒥᒃ
• ᐱᐅᓂᖅᐹᖑᓗᓂ ᓂᕿ ᐃᑲᔪᕐᓂᓕᒃ ᓄᑕᕋᓛᒥᒃ ᐱᕈᖅᐸᓪᓕᐊᑎᓗᒍ ᐊᒪ ᑎᒥᐊ
ᐊᓯᔾᔨᐸᓪᓕᐊᑎᓪᓗᒍ
• ᓯᖃᓕᑎᑦᓯᑎᐊᔪᔪᑦ ᐳᑉᓚᐅᒪᓇᖏᓂᖅᓴᐅᓗᓂᓗ
• ᑎᐱᐊᓗ ᐊᓯᔨᖅᐸᒃᓗᓂ ᐱᔪᑎᖃᓗᓂ ᐊᓇᓇᐅᔪᖅ ᓱᓇᓂᒃ ᓂᕆᔭᖏᓂᒃ
• ᐅᕕᓂᖕᒥᒃ ᐊᒃᑐᐊᑐᕋᐅᓂᖅ ᖃᖅᓕᔪᑕᐅᔪᖕᒪᑦ ᐊᓇᓇᐅᔪᒥᒃ ᐊᒻᒪ ᓄᑕᕋᓛᖓᓂᒃ
ᐊᒫᒪᐅᑎᑐᖅᑎᑦᓯᓂᖅ:
• ᐊᑭᒋᓇᔭᖅᐹᑕᖓ ᐊᕋᒍᒥᒃ ᐊᑕᐅᓯᕐᒥᒃ ᐃᒻᒪᖄ $1500.00 ᐃᒻᒧᖕᓄᑦ ᐊᒻᒪ
ᐊᒫᒪᐅᑎᓄᑦ ᐃᓚᖏᓄᓪᓗ
• ᐊᒫᒪᒐᒃᓴᒥᒃ ᐊᒻᒪ ᐃᒪᕐᒥᒃ ᓴᓗᒪᔪᒥᒃ ᓇᒃᓴᐃᓇᕆᐊᓕᒃ
• ᐊᒫᒪᐅᑎᓕᐅᕐᓂᕐᒥᒃ ᐃᓛᓂᑯ ᐊᑯᓂᓇᕋᕐᔭᖅᑐᑦ
• ᓴᑉᐳᑎᔭᐅᔪᒃᓴᖃᖏᑐᑦ ᐋᓐᓂᐊᕐᓂᒥᒃ ᐊᒻᒪ ᑎᒥᒧᑦ ᐊᕿᐅᒫᖏᓂᕐᓂᒃ
• ᓴᓗᒪᐃᑦᑐᑦ ᐊᒫᒪᐅᑎᑦ = ᐅᒻᒪᔪᐊᕈᓯᓖᑦ ᑕᑯᒃᓴᐅᖏᑐᓂᒃ
• ᑎᒥᑦᓯᐊᕆᓇᕐᑐᓂᒃ ᐃᓗᓕᓖᑦ ᐱᔾᔪᑎᒋᓗᒍ ᖃᓄᖅ ᐊᕿᒃᓱᖅᑕᐅᓯᐊᓯᒪᓂᖏᑦ
ᒪᓕᒃᓗᒋᑦ
• ᐃᓚᖏᑦ ᓄᑕᕋᓛᑦ ᓯᖃᓕᑎᑦᓯᓯᐊᓂᖅ ᐊᔪᕐᐸᒃᐳᑦ ᐃᒻᒧᓂᒃ ᐃᓚᖏᓂᒃ ᐊᔪᖃᑕᕐᒪᑕ
ᐳᑉᓚᓯᒪᓕᖅᑐᓗᐊᕐᓗᑎᒃ ᐊᒻᒪ ᐊᓇᔪᐃᖅᑕᖅᓗᑎᒃ
• ᑭᓇᒥᐊᖅ ᐊᒫᒪᒃᑎᑦᓯᔪᓗᐊᕐᐳᖅ ᓄᑕᕋᓛᕐᒥᒃ