



Benefits of Breastfeeding



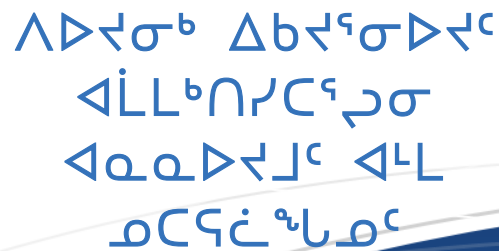
For the Mother:

- Breastfeeding also burns calories and helps shrink the uterus, so nursing moms may be able to return to their pre-pregnancy shape and weight quicker
- Delays menstruation longer
- Helps lower the risk of breast cancer, high blood pressure, diabetes, and cardiovascular disease, and also help decrease the risk of uterine and ovarian cancer.
- Breast milk is free

For the Baby:

- Coats the baby's stomach with a protective layer that fights against allergies, asthma, diabetes, obesity and Sudden Infant Death Syndrome (SIDS)
- Provides baby with antibodies to help lower chances of ear infections, diarrhea, respiratory infections, meningitis
- Best food to help baby grow and develop
- Easy to digest
- Tastes different each time depending on what the mother is eating





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