Why Breastfeed?

*Just Listen to What Mothers Say!*

- “My baby smiles at me when I get home, even though my mother is taking care of her when I am in school.”
- “I just pick up my baby, stick a clean diaper in my pocket and go about my business.”
- “I can read a book to my toddler at the same time I nurse my baby.”
- “The doctors in the NICU said my milk was medicine for my baby. I didn’t want to breastfeed so I pumped my milk for months. My baby stayed healthy.”
- “My other kids had lots of ear infections because I didn’t breastfeed them.”
- “My baby latched herself on right after she was born. I didn’t have to do anything. I thought to myself, “If breastfeeding is that easy, I’ll do it.”
- “My baby hasn’t been sick. My girlfriend that bottle-fed has to take a day off work at least once a month because her baby is sick and can’t go to daycare.”
- “The nurse said I would get some protection from breast cancer. My aunt had breast cancer two years ago. I don’t want to get it.”
- “I’m happy because my baby is healthy.”
Breastfeeding is good for everyone.

For babies:

Babies learn the sweetness of life in their mother's arms.
Babies also get some protection from sickness and death:
* Ear infections
* Diarrhea
* Pneumonia
* Diabetes
* Allergies
* Asthma
* Cancer
* Obesity
* Sudden Infant Death Syndrome (SIDS)

For mothers:

The more a woman breastfeeds in her whole life, the more protection she gets from:
* Breast cancer
* Heart Disease
* Ovarian Cancer
* Diabetes
* Obesity

A mother that chooses not to breastfeed can get pregnant again soon and loses any protection from disease.

For families:

Your milk is free.
You can feed your baby easily if the power is out or if you are homeless.

Ask your health care provider about BREASTFEEDING!