

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."

"My other kids had lots of ear infections because I didn't breastfeed them."

"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."

"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 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."

"I can read a book to my toddler at the same time I nurse my baby."

"I just pick up my baby, stick a clean diaper in my pocket and go about my business."

"I'm happy because my baby is healthy."

"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.'"

Real quotes from real mothers

Breastfeeding is good for everyone.

Ask your doctor about
BREASTFEEDING!



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For babies:



Babies learn the sweetness of life in their mother's arms.

Babies get some protection from sickness and death:

- * Ear infections
- * Diabetes
- * Obesity
- * Diarrhea
- * Allergies
- * Pneumonia
- * Cancer
- * Asthma

Sudden Infant Death Syndrome (SIDS)

For mothers



The more a woman breastfeeds in her whole life, the more protection she gets from:

- * Breast cancer
- * Obesity
- * Ovarian Cancer
- * Heart Disease
- * Diabetes

A mother that chooses to breastfeed may prevent get pregnant again soon.

For family:



Your breast milk is free and always be ready

You can feed your baby easily anywhere. When you are on the road, or when the power is out.

There is no trash to clean up.