



## *Breast milk is the best food for infants and small children*

- Reduces risk of allergic reactions
- Provides babies with the most easily digested food
- Promotes healthy growth and development
- Causes better craniofacial development, straighter teeth and fewer speech impediments
- Protects against cancer and diabetes
- Transmits mother's immunities
- Leads to fewer ear and respiratory infections
- May protect against crib death (SIDS)
- Yields health benefits that last a lifetime
- Changes throughout the feed and also throughout the duration of nursing to meet the baby's specific needs at a given time



## *Breastfeeding is best for mothers*

- Releases prolactin, the calming, "mothering" hormone
- May delay ovulation and menstruation
- Protects against breast and cervical cancer
- Helps uterus get back to pre-pregnancy size and shape
- Allows mothers to miss fewer work or school days due to baby's illness
- Creates a special time for mother-baby bonding
- Reduces time spent preparing bottles



## *Breastfeeding is best for families*

- Saves money
- Leads to a healthier baby and mother
- Allows mother to spend more time with entire family
- Can offer a special bonding time for siblings and fathers
- Makes for easier traveling



## *Breastfeeding is best for the world*

- Provides a natural resource
- Protects the environment: no packaging, no plastics, no waste
- Yields healthier work force for the future
- Offers an answer to world hunger and high infant mortality
- Requires no storage or preservation
- Saves tax dollars

