**Your Milk is your Baby’s PERFECT Food!**

**\*Babies who are breastfed for at least 6 months have fewer**

**health problems than formula fed babies, including:**

**-3 times fewer ear infections**

**-5 times fewer urinary tract infections**

**-5 times fewer serious illnesses**

**-7 times fewer allergies**

**\*Because human milk is so easily digested, breastfed babies**

**have less diarrhea, constipation and spit up less**

**\*For every 87 formula fed babies who die from SIDS (sudden infant death syndrome),**

**only 3 breastfed babies die**

**\*Babies fed only human milk for at least 26 weeks are 6**

**times less likely to develop lymphoma (cancer of lymph nodes) and babies breastfed**

**for at least a year cuts their risk of developing diabetes in**

**half!**

**Breastmilk CAN Begin a Life of GREAT Health for Your Baby!**

**\*Adults who were breastfed as babies have:**

**-Less asthma, allergies, and diabetes**

**-Fewer skin problems, including dermatitis and eczema**

**-Lower levels of cholesterol leading to a healthier heart**

**-Fewer problems with the intestines and liver (lower incidences of Crohn’s Disease and Ulcerative Colitis)**

**\*Breastmilk feeds the brain as well as the body! Studies show that breastfed babies have a higher IQ (average of 7 points) when breastfed**

**Breastfeeding is GREAT for Mom Too!**

**\*The more mom breastfeeds and the more milk she produces means that she burns calories helping her to lose some pregnancy weight**

**\*Women who breastfeed lower their chances of cervical cancer, osteoporosis, and breast cancer. Breastfeeding for a lifetime total of just 2 years reduces the risk of pre-menopausal breast cancer by 40%, and a breastfeeding lifetime total of 7 years reduces the risk to almost 0%!**

**\*With no formula to buy breastfeeding is MUCH cheaper and provides complete nutrition like no formula can.**

**\*It’s a great way to bond with baby.**

**If You Have Any Questions About Breastfeeding, ASK!**

**Breastfeeding is one of the Best Things You Can Do for Your Baby**

 **-from The Learning Curve**