

# TOPIC 1: BENEFITS OF BREASTFEEDING FOR MOM AND BABY

## FOR BABIES:

- Breast milk is a living substance that changes daily to meet your baby's needs.
- Provides antibodies to help fight off diseases.
- Breast milk is easy to digest.
- Protects from ear infections and stomach bugs.
- Reduces risk of Sudden Infant Death Syndrome (SIDS).
- Babies who are breastfed have higher intelligence scores.
- Formula can increase disease risk and can lead to allergies, diabetes, obesity, leukemia, asthma, allergies, and infections. Formula provides no disease protection.

## FOR MOMS:

- Breastfeeding lowers your disease risk and helps protect against breast cancer, ovarian cancer, diabetes, osteoporosis, rheumatoid arthritis, & depression.
- Breastfeeding helps your body recover after birth.

## BREASTFEEDING SAVES MONEY AND TIME:

- Breastfeeding could save you time and money when dealing with decreased health risks. Formula costs more than \$1,700 per year plus supplies.



## TOPIC 2: BREAST MILK ONLY FOR SIX MONTHS

**Breast milk is all your baby needs for the first six months of life.**

### **THE FIRST MILK IS COLOSTRUM.**

- Colostrum is yellow, thick and sweet like pancake syrup and flows slowly to give your baby a chance to learn how to coordinate suck, swallow, and breathe.
- The amount of colostrum is small during the first few days.
- Baby's stomachs are small at birth (marble size) and grow a little each day. Milk production increases gradually.
- Babies are born with extra fluid stores in their skin, lungs and stomach. The normal weight babies lose the first few days is this extra fluid.

### **THE EARLY MONTHS ARE IMPORTANT TO YOUR BABY'S HEALTH AND DEVELOPMENT.**

- Breast milk gives your baby the perfect body-building materials needed (like special growth factors and enzymes).
- Just one formula feeding in early infancy can change the bacteria in your baby's gut, causing possible health problems.

### **BREASTMILK ONLY.**

- No other food or fluid.
- No water.
- Other foods or drink before 6 months can cause illness and problems for your baby's immune system.

**Continuing to breastfeed beyond 6 months along with other foods for at least a year is good for you and your baby's health.**

