

Breastfeeding: the gift that keeps on giving



Exclusively Breastfed Babies:

- * Do not get sick as often
- * Have fewer allergies
- * Have less chance of becoming overweight or obese
- * Have less chance of SIDS (Sudden Infant Death Syndrome)
- * Have lower rates of diabetes, cancer, inflammatory bowel disease (IBS), and asthma

Moms who Breastfeed:

- * Feel a special closeness to their babies
- * Have less risk of breast and ovarian cancer
- * Lose their pregnancy weight sooner
- * Save time since there are no bottles to prepare
- * Save money in formula, doctor and hospital visits