

Breastfeeding is healthy for you and your baby!

Breast milk:

- is filled with vitamins and nutrients. These will help protect your baby from getting sick
- keeps your baby healthy
- causes less spit up, diarrhea, constipation (when they cannot poop), and gas



Breastfeeding:

- helps your body heal after birth
- helps you lose baby weight more quickly
- helps you bond with your baby
- lowers your risk of diabetes, ovarian cancer and breast cancer
- can mean less stress or worry about your baby's health
- saves time! Breast milk is always ready at the right temperature
- saves money...it's free!

Breastfed babies are:

- better at fighting off colds and get better faster
- less likely to get asthma
- less likely to get diabetes
- less likely to have allergies to foods and medicines
- less likely to get some cancers
- less likely to be obese
- less likely to die of SIDS

If you have questions, ask to speak with

a:

- **CHN Health Educator**
- **CHN Nutritionist**
- **CHN Prenatal Coordinator**