
HOW WILL BREAST MILK HELP MY BABY?

Breast milk is one thing that ONLY YOU can provide for your baby's health and nutrition.

Breast milk has ingredients that cannot be found in infant formula.

You can provide it for as short or as long as you want.

Even small amounts of breast milk will give you and your baby the following health advantages:

- ♥ Breast milk is more easily digested. This is important for premature babies and babies who have had bowel surgery.
- ♥ Breast milk helps protect babies from necrotizing enterocolitis (NEC) a very serious bowel complication.
- ♥ Breast milk provides protection against infection, such as colds, ear infections, and meningitis.
- ♥ Moms of preemies have more infection fighting cells in their breast milk, best for a preemie.
- ♥ Breast milk helps PREVENT allergies.
- ♥ Breast-milk-fed babies have higher IQ's (makes them smarter).
- ♥ Breast milk babies have less SIDS (crib death).
- ♥ Breastfeeding for 6 months or more gives extra protection to babies against diabetes, childhood cancers, and obesity.
- ♥ Moms who breastfeed have less risk of breast and ovarian cancer.