

Why Breastfeed?

Babies Were Born to be Breastfed

- **Only you can give this to your baby!**

No one else can provide the perfect genetic milk made by your body for your baby. Your body knows what to do and how to do it without use of artificial ingredients or additives.

- **Always ready!**

No need to pack, carry, clean, prepare, etc. Your milk is always ready, at the perfect temperature and time when requested by your baby.

- **Benefits to baby:**

Decreased chance of illness from:

- √ Ear infections
- √ Diarrhea
- √ Respiratory infections

- **Benefits to mother:**

- √ Delays return of menstrual cycle
- √ Decrease risk of breast cancer
- √ Decrease risk of uterine and ovarian cancer
- √ Decrease risk of osteoporosis

- **Benefits to society:**

- √ Formula cost: on average \$1200 a year or more based on amount, type and location in the US
- √ Ecological: no waste

Developed by the NAPNAP Breastfeeding Special Interest Group.