

Breast feeding is good for both you and your new baby.

- Breast milk is the most complete form of nutrition for infants.
- Breastfed babies are healthier and need fewer doctor visits.
- Breastfed babies score slightly higher on IQ tests.
- Breastfeeding mothers have a lower risk of developing breast and ovarian cancers.
- Breastfeeding can help a mother bond with her baby.

- U.S. Department of Health and Human Services, www.4woman.gov

For more information visit:

- La Leche league, www.LLLI.com
- American Academy of Pediatrics, www.aap.org/parents/
- International Lactation Consultant Association, www.ILCA.org

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