

Breastfeeding – A Gift for Mom and Baby

Gifts for Your Baby

- ♥ Breast milk is the perfect food. Your milk will change as your baby grows to meet his individual needs. He won't need anything but your milk for the first 6 months.
- ♥ Breast milk helps protect your baby against illnesses, including ear infections. Your baby will also have less colic, constipation and diarrhea.
- ♥ Breastfeeding helps with proper jaw growth and tooth alignment.
- ♥ It helps develop good eyesight.
- ♥ Studies show that breastfed babies score up to 8 points higher on intelligence tests.
- ♥ Babies who breastfeed are less likely to be overweight as adults. They may also have a lower risk of asthma, diabetes, and leukemia.

Gifts for Yourself

- ♥ Breastfeeding requires an extra 200-500 calories per day – this may help you lose weight faster.
- ♥ Hormones are released during breastfeeding that contract your uterus and return it to normal faster.
- ♥ It's easy – breast milk is always available and at the right temperature. It's convenient any time of the day or night.
- ♥ Nighttime feedings are faster and easier so you get more sleep.
- ♥ Women who breastfeed have a lower risk of ovarian and breast cancer, diabetes and osteoporosis (brittle bones).
- ♥ Healthier moms and babies mean less time missed from work or school and more time enjoying each other.

Gifts for Both of You

- ♥ You'll have more money in the family budget. Breastfeeding is free and since baby will get sick less often you will spend less money at the doctor.
- ♥ Breastfeeding gives you and your baby a chance to spend time together. It helps you both to relax and feel close to each other.
- ♥ It helps calm and soothe baby – reducing stress for everyone.
- ♥ It's a special relationship that only you and your baby share.