



Did you Know Breastfeeding Makes a Difference?



- ✓ Breastfeeding provides infants all the nutrients for the best physical and mental development.
- ✓ Breastmilk helps infants fight infections and develop healthy immune systems.
- ✓ Breastfeeding reduces the risk of childhood obesity.
- ✓ Breastfeeding helps develop strong mother-child relationships.
- ✓ Mothers who choose to breastfeed are healthier, with less risk of ovarian and breast cancer, and wider child spacing.
- ✓ Breastfeeding is convenient with no bottles or nipples to prepare or refrigerate.
- ✓ Families who breastfeed save money on food and healthcare costs.
- ✓ Employers and communities benefit from healthier infants and children and less parent absenteeism from work.
- ✓ Breastfeeding contributes to a better environment by using less energy and creating less waste.

"GOOD HEALTH BEGINS WITH BREASTFEEDING"

www.breastfeeding.org

To receive a FREE guide to breastfeeding resources in San Diego County, in English or Spanish, please call 1-800-371-MILK.

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