



## Benefits for Mom

- Promotes a special bond between mom and baby
- Uterus returns to pre-pregnancy size quicker
- Faster return to pre-pregnancy weight (Burns 200-500 calories per day)
- Reduces risk of breast, ovarian, and uterine cancer
- Breastfed babies are healthier, resulting in fewer missed days of work
- Less expensive, breastmilk is FREE
- Easier, no preparing and washing bottles (which equals more sleep for mom)

## ••• Benefits for Baby

- Breastmilk is the best nutrition for an infant (constantly changes to meet developmental needs)
- Improves bonding with mom
- Promotes increase in learning ability
- Promotes correct growth of jaws, teeth, and speech patterns
- Decreases risk of obesity
- Decreases risk of diabetes, childhood cancers, asthma, and allergies
- Decreases risk of sudden infant death syndrome
- Decreases risk of digestion/stomach problems
- Antibodies in breastmilk help immunity; less chance of getting sick