

# Eight Great Reasons to Breastfeed Your Baby

- ❁ **#1 It's Convenient** - Breast milk is always quick, clean, the right temperature and available.
- ❁ **#2 It's Perfect Food For Babies** - Breast milk gives your baby exactly what he or she needs to grow and develop.
- ❁ **#3 Breastfed Babies Are Healthier** - Breastmilk contains antibodies that help a baby have fewer infections and allergies. It is easier to digest so your baby will have less diarrhea and constipation.
- ❁ **#4 Moms Are Healthier, Too** - Medical research has linked breastfeeding to lowered risk of breast and ovarian cancer.
- ❁ **#5 Mom Gets Back Into Shape Faster** - Breastfeeding burns extra calories and triggers the uterus to contract and return to its normal shape more quickly.
- ❁ **#6 It's Better For The Planet** - Breastfeeding is never wasteful. Formula feeding results in discarded cans and bottles.
- ❁ **#7 Breastfeeding Builds Love** - Skin-to-skin contact brings you and your baby close. It helps your baby feel secure.
- ❁ **#8 Breastfeeding Saves Money** - Breastfeeding helps the family budget, by saving over \$1000 a year compared to formula.

***Manitoba recognizes World Breastfeeding Week every October, because breastfeeding is the best start for babies everywhere...***

To learn more about breastfeeding and babies' other needs, contact a Healthy Baby program or Canada Prenatal Nutrition Program in your area. For program information call 945-1301 or toll-free at 1-888-848-0140 (945-1305 Telephone Device for the Deaf). If you live in a First Nation community, call 983-4199 to ask about federal programs where you live.

When you are breastfeeding and have questions or need support, call your local Public Health Nurse, or La Leche League.



Putting children and families first