



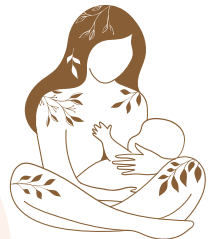
BENEFITS OF BREASTFEEDING

Milk is Medicine

There are numerous advantages to
breastfeeding for the family

Benefits For Baby:

Breast milk is excellent nutrition for healthy
growth and brain development



Breast milk helps strengthen the immune
system to fight off sickness and disease



Benefits For Mom:

Breastfeeding lowers the risk of developing
breast/ovarian cancer, type 2 diabetes, and
heart disease



Breastfeeding also strengthens the bond
between mother and baby

