

Breastfeeding Welcome Here

Breastfeeding helps mom and baby get off to the right start.

If 90% of U.S. women breastfed exclusively for 6 months, almost 1,000 infant deaths could possibly be prevented each year.*

HEALTH BENEFITS FOR BABY & MOM:

Breastfed babies have a lower risk of:

- Respiratory infections
- Asthma
- Obesity
- Type 2 diabetes

Mothers who breastfeed have a lower risk of:

- Postpartum depression
- Breast cancer
- Ovarian cancer
- Type 2 diabetes

COST SAVINGS

- Breast milk is less expensive than formula, saving at least \$1,500 in the first year.
- A healthier baby means less time lost at work.

RESOURCES & SUPPORT:

- La Leche League: 1-877-452-5324
- WIC: 1-800-755-4769
- Office on Women's Health: 1-800-994-9662



BREASTFEEDING RECOMMENDATIONS

The American Academy of Pediatrics recommends exclusive breastfeeding for baby's first 6 months. Continue breastfeeding as baby starts eating solid foods through the first year of life or longer if mother and baby choose.

**According to a study by Bartick and Reinhold published in Pediatrics in 2010*