

HOW WILL YOU FEED YOUR BABY?

Think about what is best for baby and for you.

Why breastfeeding is right for you

- Helps you recover from childbirth faster.
- Once you get the hang of it, breastfeeding is easy.
- Less fuss and cost – breastmilk is always ready and always the right temperature.
- No buying, mixing and measuring formula.
- Helps you bond with baby.
- Lowers your risk of breast cancer and ovarian cancer.

Why breastfeeding is right for baby

Breastfed babies are less likely to have

- Ear infections
- Allergies and asthma
- Pneumonia
- Eczema
- Childhood leukemia
- Childhood obesity

Formula is harder to digest, so formula-fed babies have more cases of diarrhea and vomiting.

Breastfed babies have a lower risk of SIDS (Sudden Infant Death Syndrome).

Get the name of a breastfeeding support person: lactation consultant, WIC peer counselor, or La Leche League group. Call right away if you have problems or questions.



Tips to success

- Commit to breastfeeding while you are pregnant. Believe you can do it.
- Get good prenatal care.
- Take breastfeeding classes before you give birth.
- Tell your healthcare provider you plan to breastfeed.
- Tell your doctor you want to hold baby skin to skin and breastfeed as soon as possible after birth.

Breastfeeding Myths & Facts

Myth: You won't be able to make enough milk.

Fact: Most women make enough milk. Nursing often is a key to milk supply.



Myth: Breastfeeding spoils a baby.

Fact: Breastfeeding helps build a bond that is important for baby's development.

Myth: Breastfeeding hurts.

Fact: While there might be some discomfort in the beginning, breastfeeding should not hurt.

Myth: Your breasts are too small or too large.

Fact: Size and shape have nothing to do with how much milk a woman makes.

Myth: Everyone uses formula.

Fact: 80% of women start out breastfeeding.

Myth: Formula has more vitamins.

Fact: Breastmilk has more nutrients, vitamins and important antibodies.

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