

BREASTFEEDING HELPS YOUR BABY HAVE A HEALTHY START

You can help your baby have a healthy start by breastfeeding. Read below to find out how.

Why should I breastfeed?



Breastfed babies are healthier. Breastfeeding helps protect your baby from:

- respiratory infections
- ear infections
- diabetes
- SIDS (Sudden Infant Death Syndrome)
- asthma



Babies are smarter. Breastfed babies have higher IQs.



Mothers who breastfeed are healthier. They lose pregnancy weight sooner and have less risk of developing breast, ovarian, and uterine cancer.

Breastfeeding saves time and money. Breast milk is free. Mothers who breastfeed miss fewer days of work.

How do I know that my breastfed baby is getting enough milk?



- You nurse your baby at least 8-12 times in 24 hours.
- You hear your baby swallowing.
- Your breasts feel full or heavy before nursing and feel softer after nursing.



- Your baby has at least six to eight wet diapers and at least three yellow seedy stools in 24 hours.
- Your baby is back to birth weight by two weeks.

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