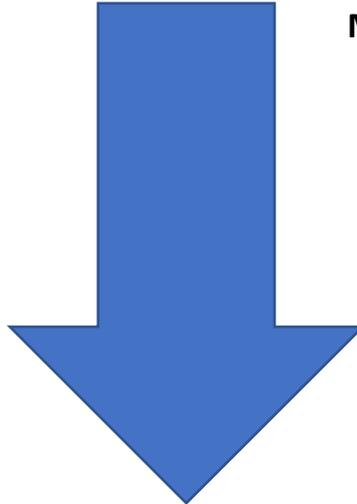


Why Breastfeed Your Baby?

Baby has decreased risk of:

- Infection
- Diabetes
- Obesity
- SIDS
- childhood cancer
- asthma and allergies
- stomach upset/colic
- ear infections



Mother has decreased risk of:

- breast cancer
- ovarian cancer
- obesity
- type 2 diabetes
- osteoporosis

What can I do during my pregnancy to prepare for breastfeeding?

- Talk to friends and family regarding their breastfeeding experiences
- Visit <http://wicbreastfeeding.fns.usda.gov/> and <https://www.llli.org/>
- Follow breastfeeding support groups on social media
- Read books or listen to podcasts about breastfeeding
- Take an online course in breastfeeding preparation
- Discuss any concerns with a lactation consultant

Did you know?

The American Academy of Pediatrics and the World Health Organization recommend exclusively breastfeeding your baby **for the first 6 months** of life and continuing breastfeeding for **at least two years**.

Kristin Bean, PA-C, IBCLC is available for consults during and after pregnancy. Call Women's Health First at **847-808-8884** to schedule your lactation consult.

