

Why Breastfeed Your Baby?



Breast milk is a living substance that contains **antibodies, immune cells, healthy bacteria,** and **growth factors** that cannot be replicated by formula.



Exclusive breastfeeding for the **first 6 months** of life, followed by continued breastfeeding alongside solid foods for **at least 2 years** is recommended by major medical organizations:

- ✓ American Academy of Pediatrics
- ✓ American College of Obstetricians and Gynecologists
- ✓ World Health Organization



Benefits for Your Baby



Fewer infections

- ↓ Ear infections
- ↓ Stomach bugs (diarrhea & vomiting)
- ↓ Respiratory illnesses



Lower risk of SIDS



Stronger immune system



Healthier weight



Lower risk of chronic disease:

- Diabetes
- Childhood leukemia
- Asthma
- Eczema



Better brain development



Natural pain relief



Benefits for You (Mom)



Reduced cancer risk

- ↓ Breast cancer
- ↓ Ovarian cancer



Heart health

- Lower blood pressure
- Healthier cholesterol levels
- Reduced risk of heart attack & cardiovascular disease



Lower risk of diabetes



Faster recovery after birth



Breastfeeding burns extra calories



Bonding & Practical Benefits



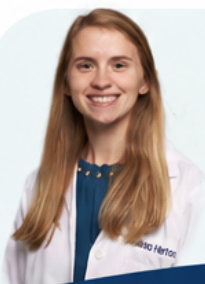
Promotes a close physical & emotional bond between you and your baby



Breast milk is always the right temperature, always available, and requires no preparation or sterilization



Breastfeeding saves money — formula, bottles, and supplies can be costly



♥ Melissa Horton PA-C CERTIFIED BREASTFEEDING SPECIALIST

Melissa Horton PA-C is a Certified Breastfeeding Specialist that is available for lactation consults during & after pregnancy.



Call Women's Health First at

847-808-8884

to schedule your consultation.