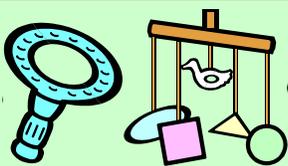


Gift Tags for Bulletin Board #2



Breastfeeding lowers the mother's risk for ovarian cancer. Breastfeeding may help reduce the mother's risk for breast cancer, too. Monthly self-exams, breastfeeding, and after mom is 40 years old, yearly mammograms help lower the mother's risk of getting breast cancer.



Breastfeeding helps lower the mother's risk for osteoporosis (brittle bone disease) and the baby's risk for osteoporosis later in life.

Breastfeeding provides a special time for mother and baby and promotes bonding. Holding your baby each time you nurse also helps you get the rest you need after labor and delivery.



IT'S A GIRL!



Breastfeeding helps the mother to heal faster after childbirth. It helps her uterus contract and helps prevent too much blood loss.

Breastfeeding is truly a gift of love.



Breastfeeding helps you live in a healthier environment. There is no trash to throw away, no fuel or packaging to damage our environment.



Breastfeeding helps mom get back into shape naturally. Safe exercise, healthy eating and breastfeeding can help get you back to your pre-pregnancy size.



Breastfeeding releases hormones to help you relax and be a calmer parent. It gives you an "extra hand" to comfort an older child while breastfeeding your baby.

Breastfeeding gives you and your baby special time together. It is truly a gift of love.



Breastfeeding is healthy for women with diabetes. Breastfeeding may even reduce the amount of insulin a mother with diabetes needs.