



Breastfeeding ... because your baby deserves the very best

Breastmilk is the only all-natural, perfect food for your baby. It is the only food your baby needs for the first six months of life.

Breastmilk is a special food. Breastmilk is the only baby food that contains antibodies that fight disease. When you breastfeed, you help protect your baby against infection and he will continue to be protected against certain health problems throughout his life.

1. Read the messages on the **bulletin board**. Name three ways breastfeeding is healthier for your baby than any other feeding method.

(1) _____ (2) _____ (3) _____

2. Your baby is counting on you to help him grow up healthy. Breastfeeding not only improves your baby's health, it also improves your health.

What does the **bulletin board** tell you about breastfeeding and your health?

(1) _____ (2) _____ (3) _____

3. Circle all the items below that breastfeeding improves:

- my baby's digestion
- my baby's health through life
- my health
- my baby's teeth and jaw development
- my baby's vision
- my family's finances
- my baby's brain development
- my bones
- bonding between me and my baby

4. Breastfeeding is convenient. Name two ways breastfeeding is easier than bottle-feeding.

(1) _____ (2) _____

5. Mothers who return to work or school can feel close to their breastfed babies, they can give them the best nutrition while they are away from each other. What could you do to continue giving your baby breastmilk after you return to work or school?

If you are not sure how you will feed your baby, why not take it one day at a time? **Every day you breastfeed your baby gets important nutrition and protection from illness.**



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1. Read the messages on the **bulletin board**. Name three ways breastfeeding is healthier for your baby than any other feeding method.

(1) less tummy aches (2) less colic (3) antibodies against disease

2. Your baby is counting on you to help him grow up healthy. Breastfeeding not only improves your baby's health, it also improves your health.

What does the **bulletin board** tell you about breastfeeding and your health?

(1) shrinks uterus (2) prevents hemorrhage (3) helps with weight loss

3. Circle all the items below that breastfeeding improves: **All are correct**

- my baby's digestion
- my baby's health through life
- my health
- my baby's teeth and jaw development
- my baby's vision
- my family's finances
- my baby's brain development
- my bones
- bonding between me and my baby

4. Breastfeeding is convenient. Name two ways breastfeeding is easier than bottle-feeding.

(1) nothing to heat (2) nothing to buy

5. Mothers who return to work or school can feel close to their breastfed babies, they can give them the best nutrition while they are away from each other. What could you do to continue giving your baby breastmilk after you return to work or school?

pump milk

If you are not sure how you will feed your baby, why not take it one day at a time? **Every day you breastfeed your baby gets important nutrition and protection from illness.**