

# BREAST MILK IS BEST

DID YOU KNOW?



**Did you know that human milk boosts your baby's natural defenses?** Mother's milk actually helps babies fight colds, ear infections, and even diarrhea. Breastfeeding also reduces your baby's risk of diseases when they are adults, including diabetes, cancer,

asthma, and high cholesterol.

***Breastfeed your baby for one year to give them a healthy start.***

## BREASTFEEDING IS BEST FOR AT LEAST EIGHT GOOD REASONS. IF NOT MORE!

1. Breast milk provides the **perfect mix of vitamins, protein, and fat.** And it is more easily digested than infant formula.

2. Breast-fed babies are more likely to **gain the right amount of weight** as they grow instead of becoming overweight.

3. Breastfed babies are at **lower risk for Sudden Infant Death Syndrome** or SIDS (also known as "crib death"). They have **fewer cavities, and are less likely to need braces!**

4. Breastfeeding also **saves between \$2,000 and \$4,000 every year** compared to the cost of formula! So breastfeeding is good for moms and dads too!



5. Breastfeeding **helps mothers' bodies recover from childbirth faster.** And helps them lose weight.



6. Breastfeeding **helps protect moms from diseases** like ovarian and breast cancer, as well as heart disease.

7. Breastfeeding **helps mothers bond with their baby.** Holding a baby skin-to-skin and making eye contact helps your baby bond with you and feel safe.

8. Human milk also **makes babies calm down and sleep better.** This also benefits moms! In fact, **mothers who breastfeed sleep an average of 45 minutes more** every night than mothers who feed their babies formula.

## BREASTFEEDING IS NOT ALWAYS EASY.



Some mothers **PUMP** their breast milk and feed their baby with a bottle.

No matter how you feed, your baby still gets the benefits of being held closely.

If you are having a difficult time breastfeeding, ask your doctor or a lactation specialist for help.

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## BREASTFEEDING HELP

Breastfeeding resources:

### San Diego County Breastfeeding Coalition

3665 Kearny Villa Rd., San Diego, CA 92123  
Phone: (800) 371-6455

### U.S. Department of Health and Human Services

<https://www.womenshealth.gov/breastfeeding/breastfeeding-resources>

### La Leche League International

<https://www.llli.org/>

**IF I'M HAVING PROBLEMS WITH BREASTFEEDING, I WILL REACH OUT TO:**

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