

10 Benefits of Breastfeeding

BABY

1. Best food- easy to digest, less colic, and spitting up
2. Helps prevent allergies
3. Less likely to be overweight (don't force feed)
4. Increases bonding with mom
5. Decreases risk of Sudden Infant Death Syndrome
6. Higher IQ
7. Immunity- protect from infections and diseases
8. Helps teeth and jaws develop properly
9. Fewer problems with constipation
10. Increases bone density

MOM

1. Helps her lose weight
2. Saves time
3. Relaxing
4. Breast milk is clean, warm, and ready to serve
5. Mom receives the Full WIC Food Package
6. Helps shrink the uterus
7. Increases bone density
8. Reduces risk for ovarian and breast cancer
9. Saves money
10. Reduces post-partum depression