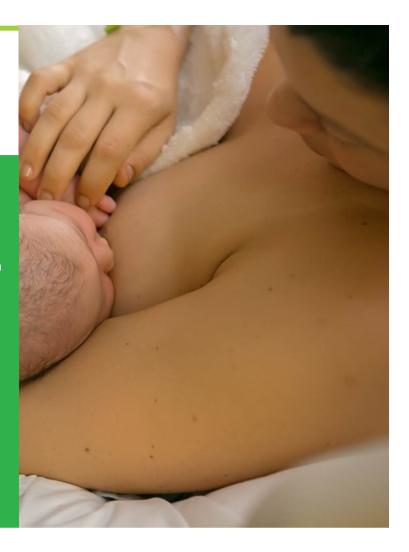


## WHY BREASTFEED?

How you plan to feed your baby is an important choice, and WIC is here to help you make an informed decision.



## IT'S GOOD FOR YOUR BABY!

- Reduces the risk of sudden infant death syndrome, obesity, diabetes, and childhood cancer
- Reduces the likelihood of allergies, asthma, ear infections, colds, and skin issues
- · Easy on baby's tummy
- · Full of all the right nutrients
- Made just for your baby

## IT'S GOOD FOR YOU!

- Helps you recover from labor
- Lowers your risk of breast cancer, ovarian cancer, heart disease, type 2 diabetes, and osteoporosis
- · Releases hormones that help you relax
- · Can help you get more sleep

## **OTHER PERKS**



Breastfeeding is an amazing bonding experience. Babies feel safe and secure at the breast, and moms feel a deep sense of accomplishment when they provide everything baby needs from their bodies.



No need make or wash bottles. Breast milk is always there, ready for baby.



Formula is expensive, which can be stressful for parents. Breastfeeding can save a family a lot of money in just one year.





