



Breast is Best

The MANY benefits of Breastfeeding

Breast feeding SAVES LIVES- 21% reduction in infant death in breast fed babies.

Decreases infections in the breastfed baby

Decreases risk of adult obesity

Decreases risk of SIDS (Crib Death)

Decrease risk of Eczema and Asthma

Decreases risk of Leukemia (blood cancer in children)

Better for the environment (less need for disposing bottles, producing formula) and saves healthcare dollars.

Benefits to Nursing Mothers

Lowers risk of Breast and Ovarian Cancer

***** By law, you can breastfeed your child, wherever you want ☺ *****

If you have questions, talk with your doctor or contact the resources below:

WIC Breastfeeding Program 1-800-743-3300

Maternity Care Coalition 215-972-0700

Breastfeeding Resource Center 215-886-2433

Nursing Mother's Advisory Council 215-572-8044