I choose to breastfeed my children. It helps me with Post-Partum Depression and protects my baby from SIDS, and other infant-related discomfort. They don’t stay babies for very long and it gives me a good excuse to stop everything and just be in the moment with them. — Letesia Left Hand

• Breast milk is the best source of nutrition
• Lowers risk of ear infection and other infant illnesses
• Breast milk is easier to digest, cost effective and stimulates comfort for baby and mom
• Breastfeed for the first 6 months
• Lowers risk of Type 2 Diabetes and certain Breast and Ovarian cancers for mothers