



The Joy of

Breastfeeding

“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

The Top 5 Reasons to Breastfeed

- 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

