



B is for Breastfeeding Benefits!

Presented by Help Me Grow at Action for Children



Breastfed babies have a lower risk of SIDS (Sudden Infant Death Syndrome), Diabetes, Asthma, ear infections and so much more!



Breastfeeding is cost-effective and convenient! No need to buy formula or related feeding supplies quite yet!



The physical closeness and skin-to-skin contact of breastfeeding creates a unique bonding experience between mother and baby.



Breastfeeding can help moms recover faster from delivery and is associated with lower risk of breast cancer.