

# Why Breastfeed ?



Breast milk is a gift that only you can make for your baby

The only food your baby needs for the first six months of life



Breast milk contains the perfect balance of nutrients for a baby

Rich with antibodies to help the baby defend against illnesses



The first 2 years of life are crucial for brain development

Breast milk unique ingredients allow full growth of brain tissues



Most research show association between breastfeeding and higher IQ

Breastfeeding is an important source of comfort and nourishment during a child's illness



Breast milk remains an important source of nutrients even after 6 months of age

It's advised that you should continue breast feeding your child until they're 2 years old



## Breastfeeding .. It's best

### FOR mother

- Breast milk is always ready, right temperature, sterile and requires no preparation
- Helps you bond with your baby
- Helps you to lose weight that you gained during pregnancy
- Lowers your risk of getting, ovarian cancer, breast cancer and diabetes

### FOR FAMILY

- Less trips to doctors, hospitals
- Less prescriptions
- Less illness
- Less expenses
- More bonding between family

### FOR ENVIRONMENT

- Healthy and smart children
- Saves resources
- Less waste
- No bottles, cans
- Less expenses on health care system