breastfeed *for the* best start

is your breastfeeding peer counselor.

Like you, she made the choice to give her baby the best start by breastfeeding. Every experience is different, but she can relate to some of what you might be feeling.

Please know that she is here to help you. She will:

- encourage you and support your choices.
- offer breastfeeding classes (please call to set up)
- answer your questions about breast pumps

Please feel free to call her at:

D H E C

PROMOTE PROTECT PROSPER

South Carolina Department of Health and Environmental Control

www.scdhec.gov

We promote and protect the health of the public and the environment.

ML-025296 1/2011

naturalNutrition

benefits of breastfeeding

For Your Baby

- Protects Against:
  - Ear Infections
  - Diarrhea and Other Stomach Issues
  - Allergies
  - Asthma
  - Bone Loss Later in Life
- Reduces Risk of SIDS, Diabetes and Obesity
- Breast milk is all your baby needs for the first six months of life.
- Stronger Bones and Teeth
- Develops higher IQs and improves brain development
- Promotes lower blood pressure and cholesterol later in life.

For You

- Reduces risk of:
  - Cancer including Breast and Ovarian
  - Postpartum depression
  - Low-iron
- Helps return uterus to its normal size
- Promotes weight loss (burns up to 500 calories per day!)
- Reduces healthcare costs because babies are healthier
- Develops a special bond between you and your baby.

WIC is a supplemental food program and does not give you all of the formula your growing baby will need. **You will have to buy extra formula that could cost you an extra $2,000 per year.**

** American Academy of Pediatrics recommends exclusive breastfeeding for the first six months of baby's life.*

Your Milk vs. Formula

FREE	EXPENSIVE
Made for your baby	Artificial milk for babies
Changes with your baby's growing needs.	Stays the same as your baby's needs change.
Babies are not allergic to it.	Babies can be allergic to some formulas.
Promotes optimal brain development.	May not allow best brain development.
Always clean, warm and ready to use.	Must be mixed and stored properly to prevent contamination and spoilage.
Easy for your baby to digest and is made of only natural ingredients that can help fight infection.	May be hard for your baby to digest and made from additives that do not fight infection.