

Attachment A: Possible Responses Regarding Breastfeeding Benefits

- Breast milk lowers your baby's risk of certain infections and diseases, such as ear infections and asthma.
- Breast milk lowers your baby's risk of childhood obesity, type 2 diabetes and childhood leukemia.
- Breast milk is easier to digest than formula. Breastfed babies have less diarrhea, constipation, and colic.
- Breastfed babies may be sick less often, which may help keep your healthcare costs down.
- Breastfeeding provides important physical contact which makes your baby feel safe, secure, and loved.
- Breast milk contains vitamins, minerals, antibodies, and nutrients to help your baby grow healthy and strong.
- Breast milk reduces baby's risk of dying from Sudden Infant Death Syndrome (SIDS).
- Breastfeeding is free and saves you money.
- Breastfeeding is convenient. There are no bottles to sterilize and no formula to measure, mix and heat, which saves time.
- Breast milk protects mom from certain cancers, such as breast or ovarian cancer and reduces their risk of developing type 2 diabetes.
- Breastfeeding will also help mom lose weight after giving birth to baby.